

DISCOVER THE POWER OF **FIBER RICH FOODS**

WHAT IS FIBER & WHY IS IT GOOD FOR YOU?

Fiber is the part of plant foods that your body can't digest.

Benefits of fiber:

- Keeps digestion regular
- Supports healthy weight
- Lowers cholesterol
- Feeds good gut bacteria
- Helps control blood sugar
- May lower cancer risk



HOW MUCH FIBER DO I NEED?

The National Academies of Medicine recommends for adults:

Women: about 25 grams per day

Men: about 38 grams per day

Most Americans eat only about 15 grams per day.

TIPS FOR ADDING MORE FIBER

- Choose whole fruit rather than fruit juice.
- Add beans or lentils to soups, salads, casseroles, or tacos.
- Switch to whole grain bread and whole grain pasta.
- Snack on unsalted air-popped popcorn or crunchy vegetables.
- Sprinkle 1-2 tablespoons of chia seeds, flaxseeds, or almonds on cereal or yogurt.



1. Harvard T.H. Chan School of Public Health. <https://nutritionsource.hsph.harvard.edu/carbohydrates/fiber/>
2. National Academies of Medicine. Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids (Macronutrients).

Discover the Power of Fiber Rich Foods!

FIBER	GRAMS OF FIBER
1 cup artichoke, cooked	9.6 g
1 cup raspberries	8 g
½ cup lentils, cooked	7.8 g
½ cup pinto beans, cooked	7.7 g
½ cup black beans, cooked	7.5 g
½ cup chickpeas (garbanzo beans), cooked	6.3 g
1 cup sweet potato, cooked	6.3 g
1 cup blueberries, wild	6.2 g
½ cup kidney beans, cooked	5.7
1 cup broccoli, cooked	5.2 g
1 ounce pumpkin seeds, whole	5.2 g

FIBER	GRAMS OF FIBER
1 tablespoon chia seeds	5 g
1 cup quinoa, cooked	5 g
1 cup cauliflower, cooked	4.9 g
1 medium apple, with skin	4.8 g
1 cup collard greens, cooked	4.8 g
1 cup kale, cooked	4.7 g
Spinach, cooked	4.3 g
1 cup oats, cooked	4 g
1 cup brown rice, cooked	3.5 g
1 tablespoon flaxseeds	2.8 g
1 cup cabbage, cooked	2.8 g