

HIGH IN FIBER

FIBER GUIDE RECOMMENDATIONS

FIX YOUR GUT FOREVER...
without a lot of suffering!

WHY YOU NEED FIBER:

- **Essential** for creating and maintaining healthy gut microbes.
- **Removes harmful toxins** from the body.
- **Prevents** blood glucose surges.
- Helps you maintain a **healthy weight**.
- **Improve absorption** of water and electrolytes.

And...if that didn't sell ya: fiber reduces the risk for heart disease, stroke, hypertension, certain gastrointestinal diseases, obesity, type 2 diabetes, and certain cancers.

WOMAN: 25 - 30 GRAMS/DAY
MEN 40 - 45 GRAMS/DAY

SYMPTOMS OF A LOW-FIBER DIET

- Constipation and Weight gain
- Bloating after Meals and Blood Sugar Fluctuations
- Fatigue and Irritability
- Decreased immune function
- Elevated Cholesterol

**Note: Fiber Supplements are ONLY recommended
for short-term use!!**

HIGH FIBER FOODS TO EAT EVERYDAY

1 artichoke 10 grams
1 avocado 10 grams
1 c. berries 8 grams
1/2 cup cooked beans 7 grams
1/2 cup of nuts 6 grams
1 c. cooked quinoa 5 grams
1 c. winter squash 5 grams

1 c. cooked broccoli 5 grams
1 tbs chia seeds 5 grams
1 apple or pear w/peel 4 grams
1 cup oatmeal 4 grams
1/2 cup peas 4 grams
1 tbs flaxseeds 2 grams

RECIPE IDEAS

Oatmeal

1 cup cooked oatmeal
1/2 cup blueberries
1/4 cup walnuts
1 tsp *ground* flaxseeds
1 tbs butter or coconut oil

Quinoa Bowl

1 cup cooked quinoa
1/2 cup cooked beans
1/2 avocado, chopped
1/4 shredded carrot
2 tbs olive oil, drizzled
salsa of choice
salt & pepper to taste

