

# FIBER GUIDE

## WHY DO WE NEED FIBER?

Fiber is found in plants: vegetables, fruits, grains, nuts, and seeds. Fiber contains no calories and does a lot more than just keep you regular. It is also essential for creating and maintaining healthy gut microbes, a.k.a.: the good microbes that keep us healthy.

## SYMPTOMS OF A LOW-FIBER DIET

- Constipation, Weight Gain, Bloating
- Blood Sugar Fluctuations, Fatigue, Irritability
- Lowered immune Function
- Elevated Cholesterol
- Skin Issues

Women: 20 - 30 grams/day    Men 30 - 40 grams/day

## High Fiber Foods to Eat Everyday

- 1 artichoke 10 grams
- 1 avocado 10 grams
- 1 c. raspberries/blackberries/blueberries 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

**Benefits of Soluble Fiber:** Reduces cholesterol levels, keeps blood sugar stable, and absorbs water.

Foods with Soluble Fiber: oatmeal, nuts and seeds, beans and peas, lentils, apples and pears, berries and psyllium husk

**Benefits of Insoluble Fiber:** Provides feelings of fullness, feeds your microbiome, and prevents constipation and hemorrhoids.

Foods with Insoluble fiber: flax seeds, carrots, celery, zucchini, broccoli, dark leafy greens. (Brown rice and whole wheat products do contain fiber but they are omitted due to the starchy carb/gluten category).