

Focus On FIBER



Losing weight, eating well, and
improving your health by increasing
dietary fiber

YOU NEED MORE FIBER!

If you are tired of counting calories and logging food or cutting out entire food groups in an effort to be healthier, **simplify and focus on fiber.**

10 Amazing Things That Will Happen If You Eat More Fiber

1 **You'll lose weight**—even if increasing your fiber intake is the only dietary change you make. Dieters who were told to get at least 30 grams of fiber a day, but given no other dietary parameters, lost a significant amount of weight, found a recent study in the *Annals of Internal Medicine*. In fact, they lost nearly as much as a group put on a much more complex diet that required limiting calories, fat, sugar and salt and upping fruit, veggie and whole-grain consumption.

Fiber-rich foods not only fill you up faster and keep you satisfied longer, they also prevent your body from absorbing some of the calories in the foods you eat. Another study found that people who doubled their fiber intake to the recommended amount knocked off between 90 and 130 calories from their daily intake—that's equal to a 9- to 13-pound weight loss over the course of a year.

Read on to find 9 more ways that hitting your fiber goal can help you feel fantastic!



START WITH SMALL CHANGES

Make it easy on yourself...and your digestive system

Only plant foods contain fiber, and increasing your consumption of high fiber foods can lead to some less than desirable stomach issues (like gas and bloating) if you aren't used to it. To prevent this, increase your fiber intake by 3-5 grams per day by swapping lower fiber choices with higher fiber ones. Look for the grey boxes to see some easy exchanges you can make.

Constipation can also be a concern, so make sure you are drinking enough caffeine free beverages (like water) to keep your digestive system on track. Once your body has gradually adjusted, you'll be more regular than ever!

Swap your raisins for raspberries.

With 8 grams per cup, they're among the most fiber-rich fruits. Raisins have about half the fiber of raspberries and a lot more naturally occurring sugar.



HOW MUCH DO I NEED?

The average adult only gets 15 grams of fiber a day!

Women need 25 grams per day

Men need 38 grams per day

Rule of thumb for kids = their age + 5 grams of fiber



Amazing health benefit number:

2 **Maintain a healthier weight over time.** People who get more fiber tend to be leaner overall. Recent research at Georgia State University found that mice put on diets lacking in fiber—specifically soluble fiber—gained weight and had more body fat compared to those who weren't deficient. What's more, mice given adequate soluble fiber resisted fat gain—even when put on a high-fat diet.

Swap your white pasta for whole wheat.

It may seem obvious, but did you know one serving—depending on the brand—can have triple the fiber of white pasta?



To get at least 25 grams of fiber, consider making the following foods a part of your diet:

Breakfast

1 cup oatmeal and 1 cup blackberries:
12 g fiber

Lunch

Sandwich on 100% whole-wheat bread with sliced chicken breast*, lettuce, tomato and ¼ avocado:
8 g fiber

Snack

2 dried figs:
2 g fiber

Dinner

½ cup cooked quinoa, piece of grilled fish and ½ cup cooked chard:
5 g fiber

DAILY TOTAL: 27 fiber grams

To get at least 38 grams of fiber, consider making the following foods a part of your diet:

Breakfast

1 cup bran flakes and 1/2 cup raspberries:
11 g fiber

Lunch

1 cup black bean soup, and 1 whole-wheat tortilla, heated:
11 g fiber

Snack

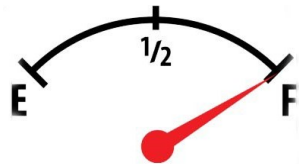
¼ cup peanuts:
3 g fiber

Dinner

1 medium baked potato (with skin), piece of grilled chicken and 2 cups roasted broccoli:
14 g fiber

DAILY TOTAL: 39 fiber grams

Soluble & Insoluble



Helps you feel fuller longer



Supports healthy glucose levels



Reduces LDL cholesterol levels



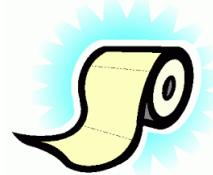
Fuels your body throughout the day



Less bloating and constipation



Improved weight loss



Healthier digestive system




Reduces colon cancer risk


Get both types of fiber by filling up on nuts, fruits, vegetables, whole grains, leafy greens, and legumes

Amazing health benefit number:

3 **Cut your type 2 diabetes risk.** A recent analysis of 19 studies, found that people who ate the most fiber—more than 26 grams a day—lowered their odds of the disease by 18 percent, compared to those who consumed the least (less than 19 grams daily). The researchers believe that it's fiber's one-two punch of keeping blood sugar levels steady and keeping you at a healthy weight that may help stave off the development of diabetes.



Swap the granola on your yogurt for a couple of tablespoons of chia seeds.



You still get the crunch, plus 10 grams of fiber; the same amount of granola has 1 gram.

Amazing health benefit number:

4 Lower your odds of heart disease. For every 7 grams of fiber eaten daily, your risk of heart disease drops by 9 percent found a review of 22 studies published in the British Medical Journal. That's partly due to fiber's ability to sop up excess cholesterol in your system and ferry it out before it can clog your arteries.

Swap your chicken soup for veggie chili.



A 1/2 cup of beans serves up between 6 and 8 grams of fiber (chicken has none) and they're a good source of lean protein and phytonutrients.

Amazing health benefit number:

5 Reduce your risk of certain cancers. Every 10 grams of fiber you eat is associated with a 10 percent reduced risk of colorectal cancer and a 5 percent fall in breast cancer risk, says a study published in the Annals of Oncology.



Work some of the foods below into your everyday diet to get a lot of fiber bang for your buck. All plant foods have some fiber, but some have a lot more than others.

Lentils	15.6 g	1 cup
Black Beans	15.0 g	1 cup
Peas	8.8 g	1 cup
Raspberries	8.0 g	1 cup
Bran Flakes	7.0 g	1 cup
Whole Wheat Spaghetti	6.3 g	1 cup
Peanuts	6.0 g	1/2 cup
Pear	5.5 g	1 medium

Amazing health benefit number:

6 **Have healthier bones.** Some types of soluble fiber—dubbed "prebiotics" and found in asparagus, leeks, soybeans, wheat and oats—have been shown to increase the bioavailability of minerals like calcium in the foods you eat, which may help maintain bone density.

Compare labels
on packaged
foods to find the
best choice



**5% or less in the daily
value column is LOW**

20% or more is HIGH

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Swap your brown rice for quinoa.

Surprisingly, 1/2 cup of brown rice only nets you 1 gram of fiber. Quinoa has 3—and can easily stand in anywhere you'd use rice.



Amazing health benefit number:

7 **Live longer, period.** Researchers at the Harvard School of Public Health recently found that people who often ate fiber-rich cereals and whole grains had a 19 and 17 percent, respectively, reduced risk of death—from any cause—compared to those who noshed on less fiber-heavy fare.



THE SKINNY ON ADDED FIBER

Naturally occurring fiber is best but...

Any increase in fiber consumption is a good thing. That said, there are many different types of fiber that naturally occur in plant foods and they each have their own health benefits. When fiber is added to foods like granola bars and ice cream, typically it is only one type. Your best bet is to get your fiber from natural sources first, such as beans, fruits, vegetables and whole grains. Then use foods with “added fiber” to boost you to the recommended intake level.

Try apps like **My Fitness Pal** or **Fiber Counter** to keep track of your daily intake and meet your goals.

Amazing health benefit number:

8 **Get an all-natural detox.** Fiber naturally scrubs and promotes the elimination of toxins from your G.I. tract. And because insoluble fiber makes things move along more quickly, it limits the amount of time that chemicals like BPA, mercury and pesticides stay in your system. The faster they go through you, the less chance they have to cause harm.

Amazing health benefit number:

9 Have healthier gut bacteria. The good bugs that make up your microbiome feed off fiber—and flourish. As your gut bacteria gobble up fiber that has fermented in your G.I. tract, they produce short-chain fatty acids that have a host of benefits—including lowering systemic inflammation, which has been linked to obesity and nearly every major chronic health problem. Skimping on fiber shifts bacteria populations in a way that increases inflammation in the body.

*Swap anything
else you are
drinking for
water.*

Fiber needs water
to help things
move along.



Amazing health benefit number:

10

Be more, well, regular. Snicker all you like, but constipation is one of the most common G.I. complaints in the US and you don't need us to tell you it's no fun. Fiber makes your poop softer and bulkier—both of which speed its passage from your body. Consult the sweet poop chart on the right and use the tips below to improve your bathroom experience.

TAKING CARE OF BUSINESS TIPS



DRINK WATER

H₂O will keep things hydrated and soft.



AVOID STRESS

Bad stress leads to bad poops.



BUMP UP THE FIBER

Fiber is your friend and fluffs up your poop!



GET EXERCISE

Exercise gets your blood flowing. Helps everything else move too.



EAT PROBIOTIC FOODS

Good gut bacteria makes your bowels happy.



ELEVATE YOUR FEET

Putting your heels up can help with elimination.



LIMIT CAFFEINE

Caffeine is a bowel irritant.

Note: If you've worked your way through this checklist and you're still having poop woes, see your doctor.

IS YOUR POOP NORMAL?

Use the Bristol Stool Chart



Type 1: Separate hard lumps, like nuts (hard to pass)

Type 2: Sausage shaped but lumpy

Type 3: Like sausage but with deep cracks on the surface

Type 4: Like a sausage or snake, smooth and soft

Type 5: Soft blobs with clear cut edges (passed easily)

Type 6: Fluffy pieces with ragged edges, a mushy stool

Type 7: Watery, no solid pieces

Talk to your doctor about colorectal cancer screenings starting at age 50.

IF YOU ARE EXPERIENCING SYMPTOMS SUCH AS PAIN, BLOOD OR OTHER IRREGULARITIES, TALK TO YOUR DOCTOR IMMEDIATELY.

Do you have questions?
Want more resources?
Just want to tell us how
fantastic you feel now that
you're eating more fiber?

Find us at:



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Source materials : USDA Dietary Reference Intakes, Center for Nutrition Policy and Promotion,
Health and Human Services, Ten Amazing Things excerpted from Eating Well March/April 2016