

# FIBER

Fiber is a powerful nutrient that keeps things moving - in more ways than one. On average, many adults consume only 10–15 grams of fiber per day, far below the recommended minimum of 25 grams daily for women and 38 grams daily for men. Getting enough fiber not only supports healthy digestion, but also helps lower the risk of diabetes, heart disease, and certain cancers.

## BENEFITS OF FIBER

- Decreases both constipation and diarrhea
- Decreases hemorrhoids and diverticulitis
- Decreases risk of colon cancer
- Improves the good gut bacteria
- Improves acid reflux symptoms
- Decreases absorption of sugar and cholesterol
- Decreases risk of heart disease and strokes
- Helps with weight loss

## WAYS TO INCREASE FIBER

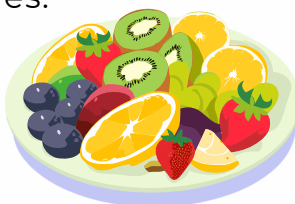
- Add fruit to your cereal or oatmeal
- Add vegetables to your eggs
- Add beans to your salad
- Add vegetables to your pasta
- Add grains and beans to your soup
- Visit **fullplateliving.org** for recipes and more tips on adding fiber to your diet.

## HIGH FIBER FOODS

FOOD: GRAMS (SERVING SIZE)

### FRUITS

- Avocado: 14g (1 medium)
- Raspberries/Blackberries: 8g (1 cup)
- Pear: 6g (1 medium)
- Kiwi: 5g (2 medium)
- Apple: 4g (1 medium)
- Orange: 3g (1 medium)
- Banana: 3g (1 medium)



### VEGETABLES

- Broccoli: 5g (1 cup)
- Spinach: 4g (1 cup)
- Sweet potato: 4g (1 medium)
- Carrots: 5g (1 cup)
- Corn: 5g (1 cup)
- Cabbage: 3g (1 cup)



### WHOLE GRAINS

- Wheat Bulgur: 8g (1 cup)
- Pearl barley: 6g (1 cup)
- Quinoa: 5g (1 cup)
- Oats: 4g (1 cup)
- Brown Rice: 4g (1 cup)



### LEGUMES/BEANS

- Navy beans: 10g (1/2 cup)
- Lentils: 8g (1/2 cup)
- Pinto beans: 8g (1/2 cup)
- Black beans: 8g (1/2 cup)
- Kidney beans: 6g (1/2 cup)



### NUTS & SEEDS

- Chia seeds: 11g (1 oz)
- Flax seeds: 8g (1 oz)
- Almonds: 4g (1 oz)
- Peanuts: 2g (1 oz)
- Sunflower seeds: 2g (1 oz)

