

Fuel With Fiber



Beans &
Legumes

Whole
Grains

Nuts &
Seeds

Fruits &
Vegetables

Increased Fiber Can Help:

Improve cholesterol & blood sugar levels
Optimize gut health
Promote weight loss

Tips

- Include a source of fiber at every meal & snack.
- Switch to whole-grain products.
- Focus on what you can ADD to your existing diet -
 - Add chia/hemp seeds, nuts & berries to oatmeal.
 - Add seeds, legumes, & dried fruits to salads.
 - Add vegetables to sandwiches.
- When increasing fiber, increase water intake as well.

Goals

Women: 25 grams/day
Men: 38 grams/day

