

THIS WEEK'S GOAL IS TO EAT MORE FIBER

Americans typically eat 12-15g of fiber a day. Current daily recommendation is 25g and in 2018 recommendation will be raised to 28g. But people should actually aim for closer to 30g.

WHY SHOULD WE EAT MORE FIBER?

Fiber:

- gives you a feeling of fullness. When we feel full we are less likely to over eat and have a better chance of reaching and maintaining a healthy weight.
- is important for a healthy gut. Research is showing that the healthier our gut flora, the healthier we are overall.
- lowers risk of heart disease by clearing bad cholesterol from your bloodstream.
- regulates blood sugar.
- is linked to better bowel health including reducing colon cancer, digestive disorders and preventing constipation and hemorrhoids.

HOW WILL WE EAT MORE FIBER THIS WEEK?

- Choosing grains/cereals/breads that have a ratio of carbohydrates to fiber of 10:1 or less.
Find the nutritional data on the package, take the grams of carbs and divide that by the grams of fiber. If that number is 10 or less, it has decent fiber. The lower the number, the better!
- Eat fruit and vegetables. An average serving has 4-5g of fiber. Make sure to eat the peels!

FOOD CHOICES WITH HIGHER AMOUNTS OF FIBER:

1/2 C cooked lentils = 8g

1/2C cooked chickpeas = 12g

1/4th an avocado = over 3g

1C raspberries = 8g

1C edamame = 8g

1 medium artichoke = 10g or 1/2C hearts = 7g

1/4C sunflower seeds = 3g

Medium Apple = 4g

Large Pear = 7g

1 serving brown rice = 3.5g

2 TBSP dry chia seeds = 11g fiber

1C whole wheat pasta = 6g (check the ratio!)

1 medium sweet potato = 3g

1/2 uncooked whole grain rolled oats = 2g (check the ratio!)

EXAMPLES OF HOW TO INCREASE YOUR FIBER AT EACH MEAL:

Breakfast:

- 1/2C (when uncooked) rolled oats, 2 Tbsp chia seeds cooked with your choice of liquid, with 1/2C raspberries on top. (17g)
- Egg scramble with 1/4 avocado with one piece of whole grain wheat toast and 1/2 large pear on the side. Or substitute the toast for cooked lentils or brown rice. (9.5-14.5)
- 1 C Post Shredded Wheat cereal with 1/2C milk of choice topped with raspberries or an apple on the side. (10g)

Lunch:

- Serving of brown rice and lentils, topped with artichoke hearts (18.5g)
- Salad topped with artichoke hearts, chick peas, chopped apple and sunflower seeds (24g)
- Use smashed avocado or hummus in place of mayo on a whole wheat sandwich (9g)

Dinner:

- Replace white rice with brown rice (adds 3.5g)
- replace white pasta with whole wheat pasta (adds 6g)
- Eat 2 veggies of different colors with your dinner (adds 8g)
- Trade white potatoes for sweet potatoes (adds 3g)

Snacks:

- Whole fruit (4-7g)
- Raw veggies and hummus (4-7g)
- Roasted chickpeas (12g)
- Edamame with salt (8g)

PLEDGE: THIS WEEK I WILL CHECK THE CARB TO FIBER RATIO OF ALL GRAINS. I WILL CHOOSE TO EAT FOOD THAT HAS A 10:1 RATIO OR LOWER. I WILL CONSCIOUSLY ADD MORE FIBER TO EACH OF MY MEALS. IF I FOR WHATEVER REASON I FAIL TO ACCOMPLISH THIS, I WILL CHOOSE TO START OVER WITH THE NEXT MEAL. MOST OF ALL, I WILL BE THANKFUL AND GRATEFUL THAT I HAVE THE OPTION TO CHOOSE HIGHER FIBER FOODS!