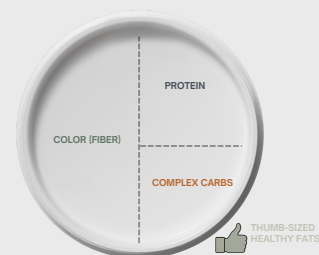


5G FIBER

HOW TO INCREASE BY 5 GRAMS PER DAY



Each of the servings below contain 5 grams of fiber.
Choose one to add to your day or mix and match portions!

Veggies

- ¼ cup cooked lentils
- ¼ cup cooked navy beans
- ½ cup cooked beans (other varieties like black, pinto, white, kidney beans)
- ½ cup cooked artichoke hearts
- 1 cup cooked broccoli
- 1 medium to large baked sweet potato, skin on



Nuts/Seeds

- 1 Tbsp chia seeds
- 2.5 Tbsp flaxseed, ground
- ½ cup shelled pistachios
- ⅓ cup almonds



Fruits

- ⅔ cup raspberries
- ⅔ cup blackberries
- 1 ½ cup blueberries or strawberries
- ¼ cup dried dates
- ½ cup dried apricots
- 1 pear
- 1 apple
- ⅔ cup dried cranberries
- ½ avocado



Grains

- ¾ cup bulgur
- 1 cup cooked whole wheat pasta
- 1 cup cooked quinoa
- 1 cup cooked barley
- 1 ¼ cup cooked oats
- 1 slice sprouted bread (3-5 grams fiber per slice)

