



Preventing Type 2 Diabetes: High Fiber Recipes

Slow Cooker Chipotle Lentil Stew

Let your slow cooker do the heavy lifting to cook dry lentils in this recipe full of fiber and flavor!

Ingredients:

- 1 medium onion, chopped
- 1 large carrot, chopped
- 2 ribs celery, chopped
- 10 oz can diced tomato with chilies (such as Rotel)
- 28 oz peeled, whole San Marzano tomatoes
- 2 chopped chipotle peppers in adobo
- 1 cup uncooked brown lentils, rinsed and sorted
- 1 cup vegetable or chicken broth
- 1 Tbsp salt
- 1 Tbsp garlic powder
- 1 Tbsp cumin
- 1 Tbsp balsamic vinegar
- Lime juice for serving



Instructions:

1. Add the whole peeled San Marzano Tomatoes to a large crockpot. Mash with a mixing spoon to break up.
2. Add all remaining ingredients to the crockpot, stir to combine.
3. Cook on low for 6-8 hours or on high for 3-4 hours ensuring the lentils are cooked through and soft.
4. When finished cooking, stir in the juice from one lime.
5. Serve with additional toppings such as scallions, cilantro,

Nutrition facts per serving (yields 4 servings):

Calories: 217	Fat: 1.5 g	Carb.: 39 g	Protein: 12 g	Fiber: 15 g	Sugar: 10 g	Sodium: 313 mg
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Recipe and photo adapted from <https://www.dishesonthedl.com/post/slow-cooker-chipotle-lentil-stew>



3Bean Antipasto Salad

Canned beans are a convenient way to add fiber and protein to dishes when in a pinch. Swap for low-sodium options to reduce sodium content further.

Ingredients:

- 1 15-oz can garbanzo beans, rinsed and drained
- 1 15-oz can kidney beans, rinsed and drained
- 1 15-oz can cannellini beans, rinsed and drained
- 1 15-oz can artichoke hearts, drained and roughly chopped
- 1 12-oz jar roasted red peppers, drained and roughly chopped
- 1 cup hot pepperoncini rings, roughly chopped
- ½ pint cherry tomatoes, quartered
- ½ red onion, diced
- ½ large bunch parsley, chopped
- 4 oz low-moisture part-skim mozzarella, cubed
- 1/4 cup Parmesan cheese, shredded



For the dressing:

- ¼ cup extra-virgin olive oil
- 2 Tbsp red wine vinegar
- 2 Tbsp freshly squeezed lemon juice
- Optional squeeze of honey or agave nectar
- 1 Tbsp dried oregano
- 1 clove garlic, minced
- Salt and pepper to taste

Instructions:

1. Combine all salad ingredients in a large bowl.
2. Combine all dressing ingredients in a jar and shake until combined.
3. Pour dressing over salad and toss to combine.

Nutrition facts per serving (yields 10 servings):						
Calories: 250	Fat: 4 g	Carb.: 38 g	Protein: 12 g	Fiber: 11 g	Sugar: 10 g	Sodium: 557 mg

Recipe and photo adapted from <https://www.emilyeatsthings.com/>



Zucchini Lasagna

Switching zucchini slices for pasta noodles creates a dish packed with fiber and lower in carbohydrates.

Ingredients:

- 1 lb 93% lean ground beef
- 1 ¼ teaspoons kosher salt
- 1 teaspoon olive oil
- ½ large onion, chopped
- 3 cloves garlic, minced
- 1, 28 oz can crushed tomatoes
- 2 tbsp chopped fresh basil
- black pepper, to taste
- 3 medium, 8 ounces each zucchini, sliced 1/8" thick
- 1 ½ cups part-skim ricotta
- ¼ cup Parmigiano Reggiano
- 1 large egg
- 16 oz (4 cups) shredded part-skim mozzarella cheese



Instructions:

1. In a medium saucepan, brown meat and season with salt. When cooked drain in colander to remove any fat.
2. Add olive oil to the pan and sauté garlic and onions, about 2 minutes. Return the meat to the pan, add tomatoes, basil, salt and pepper. Simmer on low for at least 30-40 minutes, covered. Do not add extra water, the sauce should be thick.
3. Meanwhile, slice zucchini into 1/8" thick slices, add lightly salt, and set aside for 10 minutes. Zucchini has a lot of water when cooked, salting it takes out a lot of moisture. After 10 minutes, blot excess moisture with a paper towel.
4. Preheat a gas grill or grill pan to medium-high, and grill for 2 to 3 minutes per side, until slightly browned. Place on paper towels to soak any excess moisture.
5. Preheat oven to 375F.
6. In a medium bowl mix ricotta cheese, parmesan cheese, and egg. Stir well.
7. In a 9x12 casserole spread 1/2 cup of sauce on the bottom and layer the zucchini to cover. Spread 1/2 cup of the ricotta cheese mixture, then top with 1 cup of the mozzarella cheese and repeat the process until all your ingredients are used up. The last layer top with remaining zucchini and sauce, cover with foil, and bake for 30 minutes. Uncover the foil and bake for 20 minutes (to dry up the sauce), then place the remaining 1 cup mozzarella and bake until melted, about 10 minutes.
8. Let stand about 5 - 10 minutes before serving.

Nutrition facts per serving (yields 8 servings):						
Calories: 275	Fat: 13 g	Carb.: 13 g	Protein: 26 g	Fiber: 2.5 g	Sugar: 5 g	Sodium: 648 mg

Recipe and photo adapted from <https://www.skinnytaste.com/zucchini-lasagna/>



Spaghetti Squash Boats

This dish is full of fiber and protein to help you feel full and regulate blood sugar levels.

Ingredients:

Roast Squash

- 2 medium spaghetti squash (about 2 pounds each)
- 3 teaspoons extra-virgin olive oil
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper

Stuffing

- 4 strips thick-sliced center-cut bacon, roughly chopped
- 1 pound boneless skinless chicken breast, cut into bite-sized pieces
- ¼ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- ½ teaspoon garlic powder
- 2 cups baby spinach, torn into pieces
- ½ cup nonfat plain Greek yogurt
- 1 cup part-skim mozzarella cheese, divided
- 2 Tbsp chopped fresh basil plus additional for serving



Instructions:

1. Place a rack in the center of your oven and preheat the oven to 400 degrees F. Half spaghetti squash and remove seeds. Drizzle ½ teaspoon olive oil in each half and season with salt and pepper, rub lightly to evenly coat the squash. Roast cut side down in parchment paper lined baking dish for 35-40 minutes (until fork tender). Remove from the oven and set aside to cool. Reduce the oven temperature to 350 degrees F.
2. Meanwhile, heat a large saucepan over medium and add the bacon. Cook until the bacon is crisp and the fat has rendered; about 8 minutes. With a slotted spoon, remove the bacon to a paper towel-lined plate and pat dry.
3. Discard all but 1 tablespoon bacon fat from the pan and increase the heat to medium-high. Add the chicken pieces to the pan and season with garlic powder, 1/4 teaspoon salt, and 1/4 teaspoon pepper. Sauté until the chicken is cooked through, about 5 minutes.
4. Remove from the heat, then add the spinach. Stir the chicken and spinach together until the spinach wilts, then stir in the Greek yogurt, half of the mozzarella cheese, and basil.
5. Once the squash is cool enough to handle, use a fork to shred and fluff the inside flesh so it's no longer attached to the walls and makes a "nest."
6. Divide the chicken filling evenly among the boats, using a fork to lightly mix it with the spaghetti squash. Arrange the stuffed squash on a baking sheet and sprinkle with the reserved bacon and remaining mozzarella cheese.
7. Bake until the cheesy is bubbly, about 10 minutes. Let cool for a few minutes, then serve hot, sprinkled with additional fresh basil.

Nutrition facts per serving (yields 4 servings):					
Calories: 538	Fat: 27 g	Carb.: 37 g	Protein: 42 g	Fiber: 8 g	Sugar: 15 g

Recipe and photo adapted from <https://www.wellplated.com/spaghetti-squash-boats-chicken/#wprm-recipe-container-33602>



Vegan Potato Salad

Cooking and cooling potatoes creates a resistant starch that helps feed healthy gut bacteria and regulate blood sugar levels.

Ingredients:

- 1 pound small red potatoes (may substitute yellow or cubed sweet potatoes)
- 2 ½ cups diced vegetables (i.e. bell pepper, celery, red onion, etc.)
- 1 cup raw cashews
- 1/3 cup water
- 1 Tbsp grape seed, olive, or avocado oil
- 2 Tbsp apple cider vinegar
- 1 Tbsp spicy mustard
- 1-2 Tbsp agave nectar or maple syrup
- 2 Tbsp dried dill (or 1/4 cup fresh chopped dill)
- ¼ teaspoon each sea salt and black pepper (plus more to taste)
- 3-4 cloves garlic (minced)
- 1 teaspoon hot sauce (*optional*)



Instructions:

1. Add cashews to a small bowl and cover with boiling hot water. Let sit uncovered for 1 hour.
2. In the meantime, add potatoes to a large saucepan and cover with room-temperature water. Bring to a boil over high heat. Then reduce to medium-high heat so the water is at a low boil. Cook for 15-20 minutes or until tender and a knife easily slides in and out. Then drain and set on a cutting board or counter to cool slightly.
3. Once the cashews have soaked, drain well and add to a blender with an additional 1/3 cup water. Add oil, vinegar, mustard, agave or maple syrup, dill, salt, pepper, and garlic. Blend on high, scraping down sides as needed, until the texture is creamy and thick but pourable. Add more water if it has trouble blending.
4. Taste and adjust flavor as needed, adding more dill for herby flavor, garlic for zing/bite, salt and pepper for overall flavor, maple syrup for sweetness, or vinegar for acidity. At this time, you can also add some hot sauce for added spice (*optional*).
5. Chop cooked potatoes into bite-size pieces and add to a large mixing bowl along with chopped vegetables. Top with all of the sauce and stir to coat. Garnish with parsley (*optional*) and serve as is - slightly warm / room temperature - or cover, transfer to the refrigerator, and chill until cold - 4-6 hours or overnight.
6. Leftovers keep in the refrigerator for up to 1 week (best in the first 72 hours).

Nutrition facts per serving (yields 6 servings):						
Calories: 233	Fat: 13 g	Carb.: 26 g	Protein: 6 g	Fiber: 4 g	Sugar: 6 g	Sodium: 133 mg

Recipe and photo adapted from <https://minimalistbaker.com/simple-vegan-potato-salad/>



Overnight Museli

Uncooked oats are an excellent source of fiber and resistant starch.

Ingredients:

- 1 ½ cup whole rolled oats
- ¼ cup chopped nuts (hazelnuts, almonds, walnuts)
- ½ cup pepitas (shelled pumpkin seeds)
- ¼ c dried apricots, chopped (may substitute raisins)
- ½ teaspoon cinnamon
- 2 ½ cups unsweetened almond milk, divided
- ½ cup cherries, pitted and chopped (may use frozen)
- 1 teaspoon local honey or pure maple syrup



Instructions:

1. Place the oats, nuts, seeds, dried fruit, and cinnamon in a large bowl, mix to combine.
2. Pour in 1 ½ cup of almond milk. The oat mixture should be well covered in liquid. Stir and place in the fridge overnight.
3. In the morning, drizzle over honey or maple syrup over the cherries and mash using the back of a fork to form a compote.
4. Remove the muesli from the fridge, and divide into 4 bowls or jars. Top with 1/4 cup of almond milk in each, stir to combine (this helps to make the muesli extra creamy)
5. Spoon cherry compote on top of the muesli and add additional nuts as a garnish.

Nutrition facts per serving (yields 4 servings):

Calories: 312	Fat: 14 g	Carb.: 41 g	Protein: 10 g	Fiber: 6 g	Sugar: 10 g	Sodium: 84 mg
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Recipe and photo adapted from <https://www.happyheartedkitchen.com/breakfast/bircher-muesli>

EASY GO-TO MEALS BY CALORIE CONTENT

Breakfast

200 calorie	300 calorie	400 calorie
1 frozen whole-wheat waffle (85 calories) 5.3 oz light Greek yogurt (80 calories) 1 clementine (35 calories)	2 frozen whole-wheat waffles (170 calories) 2 TBs PB2 (45 calories) 1 small banana (90 calories)	1 bagel thin (110 calories) 2 large eggs (140 calories) 3 strips turkey bacon (90 calories) 1 clementine (35 calories)
1 cup of Cheerios (105 calories) ½ cup skim milk (40 calories) ½ banana (55 calories)	1 cup Honey Bunches of Oats (160 calories) ½ cup skim milk (40 calories) ½ cup blueberries (45 calories) 4 oz orange juice (55 calories)	½ cup plain oatmeal (150 calories) ½ cup skim milk (40 calories) 1 medium banana (110 calories) 1 hard-boiled egg (70 calories)
1 whole-wheat light English muffin (100 calories) 2 slices Canadian bacon (90 calories) 2 egg whites (30 calories)	2 slices light whole-wheat bread (140 calories) 1 slice reduced-fat cheese (70 calories) 2 egg whites (30 calories) 1 cup grapes (60 calories)	2 4-inch home-style pancakes (250 calories) 5.3 oz light Greek yogurt (80 calories) Fruit salad: ½ cup berries (40 calories) and ½ banana (55 calories)
½ cup low-fat cottage cheese (90 calories) 1 slice light whole-wheat bread toast (70 calories) ½ cup pineapple (40 calories)	½ cup low-fat cottage cheese (90 calories) 1 light whole-wheat English muffin (100 calories) 1 orange (100 calories)	1 whole-wheat bagel (250 calories) 2 light Laughing Cow cheese wedges (50 calories) 2 slices tomato (10 calories) 1 small apple (80 calories)
¼ cup quick oats cooked with water (75 calories) ¾ cup frozen blueberries (60 calories) Sprinkle of cinnamon 1 hard-boiled egg (75 calories)	Smoothie (<i>blend together</i>): 1 cup plain non-fat yogurt (110 calories) 1 small banana (90 calories) 1 ½ cups frozen mixed berries (100 calories) 1 cup ice	1 medium Mission whole-wheat tortilla (130 calories) 2 large scrambled eggs (160 calories) 2 TBs salsa (10 calories) 1 small banana (90 calories)
5.3 oz plain fat-free Greek yogurt (100 calories) 1 cup strawberries (45 calories) 1 TB low-fat granola (45 calories)	5.3 oz plain fat-free Greek yogurt (100 calories) 1 cup Special K cereal (120 calories) 1 cup raspberries (60 calories)	½ cup dry oats prepared with 1 cup skim milk (230 calories) 2 TBs PB2 (45 calories) 1 medium banana (110 calories)
1 serving Overnight Oats (198 calories) 1/3 cup plain oats 1/3 cup skim milk 1/3 cup Greek yogurt ½ cup frozen berries (<i>Mix all ingredients together and chill overnight</i>)	1 Microwave Egg Sandwich (200 calories) 1/3 cup egg substitute (<i>microwave in small bowl or coffee mug until set, about 1 minute</i>) 1 sandwich thin 1 slice low-fat cheese 1 medium orange (70 calories)	Mini breakfast pizza (370 calories) 1 whole-wheat English muffin, split and toasted 2 TBs marinara sauce ¼ cup low-fat shredded cheese 2 eggs scrambled ½ cup veggies of choice: peppers, spinach, tomato
2 scrambled eggs (140) 1 slice light whole-wheat bread toast (70 calories)	Omelette (230 calories) 2 eggs 1 slice low-fat cheese ½ cup veggies of choice: peppers, spinach, mushrooms 1 slice light whole-wheat bread toast (70 calories)	2 eggs (140 calories) 1 cup spinach (40 calories) 2 TBs reduced-fat shredded cheese (40 calories) 2 pieces of turkey bacon (60 calories) 1 slice light whole-wheat bread toast (70 calories) 1 cup of melon (60 calories)
Veggie egg white scramble (120 calories) ½ cup egg whites 1 cup veggies of choice: peppers, spinach, mushrooms 2 clementines (70 calories)	Breakfast tacos (270 calories) 2 corn tortillas ½ cup egg whites or egg substitute ¼ cup low fat shredded cheese 2 TBs salsa	1 whole-wheat bagel (250 calories) 2 TBs PB2 (45 calories) 1 medium apple, sliced (95 calories)

Lunch

300 calorie	400 calorie	500 calorie
1 original Boca burger (70 calories) 1 sandwich thin (100 calories) Lettuce, tomato, onion (10 calories) 1 medium apple (95 calories)	3 oz deli turkey meat (80 calories) 2 slices light whole-wheat bread (140 calories) Lettuce, tomato, onion, mustard (10 calories) 11 pretzels (110 calories) 1 cup grapes (60 calories)	Pasta Salad: ¾ cup whole-wheat pasta (150 calories) ¼ cup low-fat shredded cheese (90 calories) ½ cup diced chicken breast (120 calories) 1 cup lettuce (10 calories) 1 cup mixed vegetables (30 calories) 2 TBs balsamic vinegar (20 calories) 2 clementines (70 calories)
3 oz chicken breast without skin (120 calories) 2 cups lettuce (20 calories) 1 cup cucumbers (30 calories) 10 grape tomatoes (15 calories) 2 TBs balsamic vinegar (20 calories) 2 flavored rice cakes (100 calories)	1 pouch of tuna (80 calories) Lettuce & tomato (10 calories) 6 saltine crackers (80 calories) ½ cup raw broccoli (35 calories) 1 oz low-fat string cheese (50 calories) ½ cup canned pineapple (75 calories) 1 clementine (35 calories)	3 oz chicken breast without skin (120 calories) 2 cups lettuce (20 calories) ½ cup peppers (15 calories) ½ cup corn (65 calories) ½ cup black beans (110 calories) 2 TBs low-fat shredded cheese (40 calories) 2 TBs salsa (10 calories) 1 apple (95 calories)
1 cup Progresso Chicken Noodle Soup (100 calories) 11 pretzels (110 calories) 1 cup melon (60 calories)	1 cup Progresso Vegetable Minestrone (100 calories) 1 whole-wheat light English muffin (100 calories) 3 oz fat-free turkey (80 calories) ½ cup canned peaches (70 calories) ½ cup raw carrots (35 calories)	1 cup Campbell's Chunky Chicken and Sausage Gumbo (150 calories) 5 Triscuit crackers (100 calories) 1 oz low-fat cheese (70 calories) 2 cups garden salad (60 calories) with balsamic vinegar 1 medium banana (110 calories)
6-inch Subway Veggie Delight (no added fats) (230 calories) 1 medium orange (70 calories)	6-inch Subway Black Forest Ham (no cheese/added fats) (290 calories) 2 kiwis (100 calories)	6-inch Subway Chicken Teriyaki with spinach (no added fats) (380 calories) ½ cup raw carrots (35 calories) 2 packages apple slices (70 calories)
1 Flat Out Wrap (90 calories) Pouch of tuna (80 calories) Lettuce, tomato, cucumber, mustard (30 calories) 1 medium apple (95 calories)	Cracker Stackers: 5 Triscuit crackers (100 calories) 1 oz low-fat cheese cubes (80 calories) 2 oz deli meat (60 calories) 1 cup of grapes (60 calories) 5.3 oz non-fat flavored Greek yogurt (100 calories)	11 pretzels (110 calories) ½ cup baby carrots (35 calories) 2 TB hummus (60 calories) 2 hard-boiled eggs (140 calories) 1 cup of grapes (60 calories) 1 oz low-fat cheese cubes (80 calories)
2 TBs PB2 (45 calories) 1 sandwich thin (100 calories) 1 medium banana (110 calories) ½ cup applesauce (50 calories)	3 oz baked chicken breast (120 calories) 1 cup frozen mixed vegetables (60 calories) 4 oz baked sweet or Idaho potato (120 calories)	4 oz baked chicken breast (160 calories) 2 TB BBQ sauce (50 calories) 1 cup frozen mixed vegetables (60 calories) 4 oz baked sweet or Idaho potato (120 calories) 1 apple (95 calories)

Dinner

300 calorie	400 calorie	500 calorie
<p>1 turkey hot dog (100 calories) 1 whole-wheat hot dog bun (100 calories) ½ cup peas (60 calories) ½ cup carrots (30 calories) 1 TB Ketchup and mustard (10 calories)</p>	<p>3 oz rotisserie chicken breast without skin (120 calories) 2 cups spinach (30 calories) ¼ cup shredded carrot (10 calories) ¼ cup cherry tomatoes and ¼ cup chopped broccoli (15 calories) 1 hard-boiled egg (70 calories) 1 cup sliced strawberries (60 calories) 2 TBs reduced-fat dressing (60 calories)</p>	<p>3 oz shredded chicken breast without skin (120 calories) 2 TB BBQ sauce (60 calories) 1 sandwich thin (100 calories) ½ cup green beans (30 calories) 1 medium baked potato (120 calories) 2 TBs reduced-fat shredded cheddar cheese (45 calories) 2 TBs plain non-fat Greek yogurt (15 calories)</p>
<p>3 oz chicken breast without skin (120 calories) 1 TB Frank's Red Hot Sauce (0 calories) Ranch Dip: ¼ cup plain nonfat Greek yogurt + ½ packet ranch seasoning mix (30 calories) 10 baby carrots (30 calories) 2 stalks of celery (10 calories) ½ cup brown rice (110 calories)</p>	<p>1 cup chicken noodle soup (128 calories) 1 oz hard pretzels (108) 1 wedge garlic and herb Laughing cow cheese (35 calories) 1 pear (100 calories)</p>	<p>3 oz 93% lean ground turkey burger (160 calories) 1 slice reduced-fat cheese (70 calories) 1 TB ketchup (10 calories) 1 teaspoon mustard and 2 pickle slices (5 calories) 2 romaine lettuce leaves and 1 slice tomato (10 calories) 1 whole-wheat burger bun (130 calories) 1 cup cooked zucchini and squash (33 calories) ½ cup cantaloupe and ¼ cup grapes (80 calories)</p>
<p>3 oz shrimp (90 calories) 2 TBs low-sodium soy sauce (15 calories) 1 teaspoon sriracha (5 calories) 1 cup frozen Asian vegetable medley (60 calories) ½ cup pineapple (40 calories) ½ cup brown rice (110 calories)</p>	<p>1 low-fat wrap (100 calories) 3 oz tuna packed in water (90 calories) 2 TBs plain non-fat Greek yogurt (15 calories) 1 teaspoon pickle relish and 1 TB sliced red onion (10 calories) ¼ cup sliced cherry tomatoes (10 calories) 2 kiwi (80 calories) ½ cup cucumber sticks and ½ cup carrot sticks (40 calories)</p>	<p>2 slices light whole-wheat bread (140 calories) 1 sliced reduced-fat cheddar cheese (70 calories) 1 cup low-sodium tomato soup (130 calories) 1 stalk celery and ¼ cup sliced bell peppers (20 calories) ½ cup sugar snap peas (30 calories) 2 TBs hummus (50 calories) ½ medium apple (50 calories)</p>
<p>2 thin corn tortillas (70 calories) 3 oz extra lean ground beef (140 calories) 1 cup lettuce and ½ chopped tomatoes (20 calories) 2 TBs reduced-fat shredded cheddar cheese (45 calories) 2 TBs salsa (10 calories) ½ cup peppers and onions (20 calories)</p>	<p>1 6-inch whole-wheat flour tortilla (110 calories) 2 TBs chopped tomato and green bell pepper (15 calories) ½ cup frozen corn (60 calories) ½ cup black beans (120 calories) ¼ cup shredded reduced-fat cheese (80 calories)</p>	<p>3 oz pork tenderloin (140 calories) 2 TBs steak sauce (32 calories) 1 cup whole-wheat pasta (220 calories) ½ cup no sugar added tomato sauce (50 calories) 1 cup spinach (40 calories) 1 cup green beans (31 calories)</p>
<p>3 oz rotisserie chicken breast without skin (120 calories) 1 cup frozen mixed vegetables (50 calories) Butter spray 3 oz baby potatoes (60 calories) 1 medium orange (60 calories)</p>	<p>3 oz boneless skinless breast dipped in egg whites, coated in corn flakes (155 calories) ½ cup baked sweet potato fries (60 calories) 2 TBs ketchup (20 calories) 2 cup tossed salad (60 calories) 2 TBs reduced-fat Ranch dressing (60 calories) ½ cup grapes (50 calories)</p>	<p>1 Pizzadilla (350 calories) 2 8-inch whole-wheat flour tortillas ½ cup fresh or frozen spinach ¼ cup nonfat mozzarella cheese, shredded ½ cup marinara sauce 2 cup tossed salad and ¼ cup sliced cucumber (65 calories) 1 TB reduced-fat dressing (30 calories) ½ cup frozen peaches (50 calories)</p>

Snacks

50-150 calories	150-200 calories
Kashi Granola Bar (140 calories)	Kashi Granola Bar (140 calories) & ½ cup skim milk (40 calories)
1 medium apple (95 calories)	1 small corn tortilla (50 calories), 1 slice reduced-fat cheddar cheese (70 calories), 2 TBs salsa (10 calories), & ¼ cup refried beans (60 calories)
15 baby carrots (50 calories) & 1 Light Laughing Cow cheese wedge (30 calories)	
2 clementines (70 calories) & 1 light string cheese (50 calories)	1 grande nonfat latte (130 calories) & 2 medium plums (70 calories)
1 mini Babybel Light Cheese rounds (50 calories) & ½ cup strawberries (30 calories)	½ cup cottage cheese (70 calories) & 1 cup fruit cocktail in juice (110 calories)
2 flavored rice cakes (100 calories) & 2 TBs PB2 (45 calories)	1 medium apple (95 calories) & 2 light Laughing Cow cheese wedges (60 calories)
3 cups popcorn (no added fat) (92 calories)	6 saltine crackers (80 calories), 3 oz low-fat deli turkey (80 calories), & 1 light Laughing Cow cheese wedge (30 calories)
1 cup raw veggies for dipping (like carrots, cucumbers, cherry tomatoes, bell peppers) Greek Yogurt Ranch Dip: ½ cup plain non-fat Greek yogurt (60 calories) & 1 tsp ranch powder (0 calories)	1 medium apple, cut into slices (95 calories) Peanut Butter Yogurt Dip: ¾ cup low-fat vanilla yogurt (80 calories) & 2 TBs PB2 powder (45 calories)
½ cup low-fat cottage cheese (80 calories) with ½ cup cucumber slices (16 calories)	½ cup roasted chickpeas (120 calories) & 1 cup of grapes (60 calories)
2 TBs low-fat hummus (70 calories) & 15 baby carrots (50 calories)	2 TBs low-fat hummus (70 calories) & 6 Triscuit crackers (120 calories)
½ cup melon (27 calories) & ½ cup low-fat vanilla yogurt (100 calories)	1 cup plain non-fat Greek yogurt (130 calories) & 1 cup berries (60 calories)
1 light string cheese (50 calories) & 1 medium apple (95 calories)	½ cup low-fat cottage cheese (80 calories) & 1 pear (110 calories)
2 TBs PB2 (45 calories) & 8 stalks raw celery (50 calories)	1 hard-boiled egg (70 calories) & 11 pretzels (110 calories)
1 cup pepper slices (30 calories) & 2 TB hummus (70 calories)	5 Triscuit crackers (100 calories), 2 TBs PB2 (45 calories), & ½ sliced banana (55 calories)
5.3 oz non-fat flavored Greek yogurt (100 calories) & ½ cup Cheerios (50 calories)	2 graham crackers (120 calories) & 1 cup of skim milk (80 calories)
½ cup applesauce (50 calories) & 1 graham cracker (60 calories)	8 stalks of raw celery (50 calories) & 2 Light Laughing Cow cheese wedge (60 calories)
2 oz low-fat deli turkey (60 calories) & 1 light string cheese (50 calories)	11 pretzels (110 calories), 2 TBs PB2 (45 calories), and 1 TB raisins (30 calories)

Sample Days

<u>DAY 1</u>	<u>DAY 2</u>	<u>DAY 3</u>	<u>DAY 4</u>
Breakfast (300 calories)	Breakfast (425 calories)	Breakfast (270 calories)	Breakfast (300 calories)
1 omelet (230 calories) 2 eggs 1 slice low-fat cheese ½ cup spinach & mushrooms 1 slice light whole-wheat bread toast (70 calories)	2 4-inch home-style pancakes (250 calories) 5.3 oz light Greek yogurt (80 calories) Fruit salad: ½ cup berries (40 calories) and ½ banana (55 calories)	1 microwave egg sandwich (200 calories) 1/3 cup egg substitute 1 sandwich thin 1 slice low-fat cheese 1 medium orange (70 calories)	1 cup Honey Bunches of Oats (160 calories) ½ cup skim milk (40 calories) ½ cup blueberries (45 calories) 4 oz orange juice (55 calories)
Lunch (365 calories)	Lunch (385 calories)	Lunch (485 calories)	Lunch (455 calories)
1 pouch of tuna (80 calories) Lettuce & tomato (10 calories) 6 saltine crackers (80 calories) ½ cup raw broccoli (35 calories) 1 oz low-fat string cheese (50 calories) ½ cup canned pineapple (75 calories) 1 clementine (35 calories)	1 cup Progresso Vegetable Minestrone (100 calories) 1 whole-wheat light English muffin (100 calories) 3 oz fat-free turkey (80 calories) ½ cup canned peaches (70 calories) ½ cup raw carrots (35 calories)	6-inch Subway Chicken Teriyaki with spinach (no added fats) (380 calories) ½ cup raw carrots (35 calories) 2 packages apple slices (70 calories)	Pasta Salad: ¾ cup whole-wheat pasta (150 calories) ¼ cup low-fat shredded cheese (90 calories) ½ cup diced chicken breast (120 calories) 1 cup lettuce (10 calories) 1 cup mixed vegetables (30 calories) 2 TB balsamic vinegar (20 calories) 1 clementine (35 calories)
Dinner (385 calories)	Dinner (411 calories)	Dinner (320 calories)	Dinner (498 calories)
1 6-inch whole-wheat flour tortilla (110 calories) 2 TBs chopped tomato and green bell pepper (15 calories) ½ cup frozen corn (60 calories) ½ cup black beans (120 calories) ¼ cup shredded reduced-fat cheese (80 calories)	3 oz boneless skinless breast dipped in egg whites, coated in corn flakes (155 calories) ½ cup baked sweet potato fries (60 calories) 2 TBs ketchup (20 calories) 2 cup tossed salad (60 calories) 2 TBs reduced-fat Ranch dressing (60 calories) ½ cup grapes (50 calories)	3 oz shrimp (90 calories) 2 TB low-sodium soy sauce (15 calories) 1 teaspoon sriracha (5 calories) 1 cup frozen Asian vegetable medley (60 calories) ½ cup pineapple (40 calories) ½ cup brown rice (110 calories)	3 oz 93-99% lean ground turkey (160 calories) 1 slice reduced-fat cheese (70 calories) 1 TB ketchup (10 calories) 1 teaspoon mustard and 2 pickle slices (5 calories) 2 romaine lettuce leaves and 1 slice tomato (10 calories) 1 whole-wheat burger bun (130 calories) 1 cup zucchini and squash (33 calories) ½ cup cantaloupe and ¼ cup grapes (80 calories)
Snack (335 calories)	Snack (100 calories)	Snack (220 calories)	Snack (127 calories)
½ cup low-fat cottage cheese (80 calories) & 1 pear (110 calories) 2 flavored rice cakes (100 calories) & 2 TBs PB2 (45 calories)	1 cup pepper slices (30 calories) & 2 TBs hummus (70 calories)	1 mini Babybel Light Cheese rounds (50 calories) & ½ cup strawberries (30 calories) Kashi Granola Bar (140 calories)	½ cup melon (27 calories) & ½ cup low-fat vanilla yogurt (100 calories)
Daily Calorie Total	Daily Calorie Total	Daily Calorie Total	Daily Calorie Total
1,385	1,321	1,295	1,380

Prepared For:		Date:	
Prepared By:		Contact:	

High-Fiber Nutrition Therapy (2022)

Fiber and fluid may help you feel less constipated and bloated and can also help ease diarrhea. Increase fiber slowly over the course of a few weeks. This will keep your symptoms from getting worse.

Tips

Tips for Adding Fiber to Your Eating Plan

- Slowly increase the amount of fiber you eat to 25 to 35 grams per day.
- Eat whole grain breads and cereals. Look for choices with 100% whole wheat, rye, oats, or bran as the first or second ingredient.
- Have brown or wild rice instead of white rice or potatoes.
- Enjoy a variety of grains such as barley, oats, farro, kamut, and quinoa.
- Bake with whole wheat flour. You can use it to replace some white or all-purpose flour in recipes.
- Add dried beans and peas to casseroles or soups.
- Eat fruits and vegetables with peels or skins on.
- Choose fresh fruit and vegetables instead of juices.
- Check the Nutrition Facts labels and try to choose products with at least 4 g dietary fiber per serving.
- Drink at least 8 cups of fluid per day. You may need even more fluid as you eat higher amounts of fiber. Fluid helps your body process fiber without discomfort.

Foods High in Fiber (4 grams or more)

Food Group	Food	Serving
Grains	Cereal, bran	½ cup
	Cereal, shredded wheat	1 cup
	Oatmeal	1 cup
	Popcorn	1 cup
	Quinoa	½ cup
	Wheat bran	3 tablespoons
Protein Foods	Beans, canned, such as garbanzo or kidney	½ cup
	Flaxseed, ground	2 tablespoons
	Lentils	½ cup
	Peas	½ cup
	Soybeans	½ cup
Vegetables	Potato with skin	1 medium

	Mixed vegetables, frozen	½ cup
Fruit	Blackberries or raspberries	½ cup
	Coconut	1 ounce
	Pear	1 medium

Foods Moderate in Fiber (1-3 grams)

Food Group	Food	Serving
Grains	Bread: whole wheat, cracked wheat, pumpernickel, or rye	1 slice
	Bun, hot dog or hamburger	1
	Crackers, whole grain	4
	English muffin	1
	Pasta: chickpea, lentil, or whole grain	½ cup
	Rice: brown or wild	½ cup
	Wheat germ	2 tablespoons
	Whole grains: barley, bulgur, farro, freekeh, millet, or spelt	½ cup
Protein Foods	Nuts, all types	¼ cup
	Nut butters: almond, cashew, peanut	2 tablespoons
	Seeds: pumpkin or sesame	2 tablespoons
	Veggie burger	1
Vegetables	Beets	½ cup
	Broccoli	½ cup
	Brussels sprouts	½ cup
	Cabbage	½ cup
	Carrots	½ cup
	Cauliflower	½ cup
	Corn	½ cup
	Eggplant	½ cup
	Greens: beet, collard, kale, or turnip	½ cup
	Green beans	½ cup
	Okra	½ cup
	Spinach	½ cup
	Squash	½ cup
	Tomato sauce	½ cup
Tomato	1 medium	
Fruit	Apple	1 medium
	Applesauce	½ cup
	Avocado	½ cup
	Banana	1 medium
	Blueberries, cranberries, or strawberries	½ cup
	Cherries	10
	Dates	4 small
	Fruit, canned	½ cup
	Grapefruit	½
	Kiwi	1

	Orange	1 medium
	Papaya	½
	Peach	1 medium
	Pineapple	½ cup
	Plum	1
	Prune juice	½ cup
	Prunes	4
	Raisins	¼ cup
	Tangerine	1 medium

High Fiber Sample 1-Day Menu

Breakfast	<ul style="list-style-type: none"> 1/2 cup orange juice, with pulp 1/2 cup raisin bran 1 cup fat-free milk 1 cup coffee
Morning Snack	<ul style="list-style-type: none"> 1 cup plain yogurt 2 cups water
Lunch	<ul style="list-style-type: none"> 1 1/2 cups chili 1/2 cup kidney beans 1/2 cup soy crumble 2 tablespoons shredded cheese 8 whole wheat crackers 1 apple (with skin)
Evening Meal	<ul style="list-style-type: none"> 2 ounces sliced chicken 1/4 cup tofu 2 cups mixed fresh vegetables 1 cup brown rice 1/2 cup strawberries 1 cup hot tea
Evening Snack	<ul style="list-style-type: none"> 2 tablespoons almonds 1 cup hot chocolate

High Fiber Vegan Sample 1-Day Menu

Breakfast	<ul style="list-style-type: none"> ½ cup bran cereal 1 banana ½ cup blueberries 1 cup soymilk fortified with calcium, vitamin B12, and vitamin D
Lunch	<ul style="list-style-type: none"> ½ cup chili with beans with: ½ cup tempeh crumbles ¼ cup crushed whole wheat crackers 1 apple 1 cup soymilk fortified with calcium, vitamin B12, and vitamin D
Evening Meal	<ul style="list-style-type: none"> 1 veggie burger 1 whole wheat bun 1 leaf lettuce 1 slice tomato Salad made with: 1 cup lettuce 1 cup strawberries ¼ cup chickpeas ½ cucumbers 1 tablespoon italian dressing
Evening Snack	<ul style="list-style-type: none"> ¼ cup almonds 1 cup carrot sticks

High Fiber Vegetarian (Lacto-Ovo) Sample 1-Day Menu

Breakfast	<ul style="list-style-type: none"> ½ cup bran cereal 1 banana ½ cup blueberries 1 cup 1% milk
Lunch	<ul style="list-style-type: none"> 2 slices whole wheat bread 2 tablespoons hummus 1 ounce cheddar cheese 1 leaf lettuce 2 slices tomato ½ cup vegetarian baked beans 1 orange 1 cup 1% milk
Evening Meal	<ul style="list-style-type: none"> Stir fry made with: ½ cup tempeh ½ cup brown rice 1 cup frozen broccoli 1 tablespoon soy sauce ¼ cup peanuts 1 pear
Evening Snack	<ul style="list-style-type: none"> 6 ounces fruit yogurt 1 cup air popped popcorn

Notes

BLOOD SUGAR ROCKET

Think of your blood sugars like a rocket. The foods you eat will tell your rocket what direction to travel. The AMOUNT you eat will tell the rocket how far to go!

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SIMPLE CARBS

- Juice, Fruit Drinks
- Soda, Flavored Coffee and Tea
- Sugar
- Saltines
- Glucose Tabs
- Pasta, White Rice



CARBS WITH FIBER

- Beans,
- Edamame
- Brown Rice
- Whole Wheat Bread or Pasta, Crackers
- Whole Fruit, & Berries



PROTEIN

- Cottage Cheese & Cheese
- Eggs
- Greek Yogurt
- Tofu, Soy
- Chicken, Turkey
- Beef, Pork, Lamb



PLANT BASED FATS

- Oil: Olive, Sunflower, Canola
- Margarine,
- Salad Dressing,
- Nuts, Seeds, Peanut butter
- Avocado
- Olives



LOW CARB VEGETABLES

Broccoli, Carrots, Cauliflower, Celery, Cucumbers, Eggplant, Greens, Jalapeno's, Onions, Peppers, Radishes, Scallions, Tomatoes

MENU PLANNING

Eating a mix of nutrients can help stabilize your blood sugar rocket. This handout is arranged to help you balance your blood sugar. So pick something from each column.



LOW CARB VEGETABLES

Broccoli, Carrots, Cauliflower, Celery, Cucumbers, Eggplant, Greens, Jalapeno's, Onions, Peppers, Radishes, Scallions, Tomatoes



PROTEIN

- Eggs
- Greek Yogurt
- Cottage Cheese & Cheese
- Chicken, Turkey
- Beef, Pork, Lamb
- Tofu, Soy



CARBS WITH FIBER

- Whole Fruit, & Berries
- Whole Wheat Bread or Pasta, Crackers
- Brown Rice
- Beans



PLANT BASED FATS

- Olive, Sunflower, Canola Oil,
- Margarine,
- Salad Dressing,
- Nuts, Seeds, Peanut butter
- Avocado
- Olives



SIMPLE CARBS

- Juice, Soda
- Sugar
- Pasta, White Rice, Bread, Rolls, Instant Rice, Potatoes, Oatmeal, Sweet Cereal

EXPLORE CARBS

Eating a mix of nutrients can help stabilize your blood sugar rocket. This handout is arranged to help you balance your blood sugar. So pick something from each column.

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LOW CARB VEGETABLES

Broccoli, Carrots, Cauliflower, Celery, Cucumbers, Eggplant, Greens, Jalapeno's, Onions, Peppers, Radishes, Scallions, Tomatoes



CARBS WITH PROTEIN

- Greek Yogurt
- Plain or Sugar Free Yogurt
- Milk (All Types)
- Beans, Lentils,
- Smoothies made with Protein



CARBS WITH HIGH FIBER

- Whole Fruit, & Berries
- Whole Wheat Bread or Pasta, Crackers
- Brown Rice
- Beans



PROCESSED CARBS WITH LITTLE FIBER

- Instant Rice,
- Instant Potatoes,
- Instant Oatmeal,
- Snack foods, Low Fiber Cereal Bars & Sweet Cereal, Low Fiber Snacks



SIMPLE CARBS

- Juice, Soda
- Sugar, Syrup
- Low Fat/Non Fat Ice Cream, Popsicles
- Angle Food Cake
- Low Fat Desserts

EXPLORE BREAKFAST

Use the *Eat What You Want, Love What You Eat with Diabetes* three question activity -- What Do I Want? / Need? Have Available? The following formula provides a simple way to imagine how your blood sugar may respond to different breakfast combinations.

**EAT WHAT YOU LOVE
LOVE WHAT YOU EAT
WITH DIABETES**

a mindful eating program for thriving with prediabetes or diabetes

— UPDATED —



Michelle May, MD
Megrette Fletcher, MEd, RD, CDE

Practice Mindful Eating to notice your hunger before choosing. If you are very hungry, add foods that are less likely to make the rocket go straight up. Keep asking questions to learn What Do I Want? / Need? Have Available?

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SLIGHT TO LOW RISE

Low Carb Vegetable + Protein + High Fiber Carb (>3 g) =
Spinach/Pepper/Onion + Eggs + Whole Wheat English Muffin

Carb with Protein + High Fiber Carb (>3 g) + Plant Based Fat = **Greek Yogurt + Berries + Nuts**

High Fiber Carb (>3 g) + Plant Based Fat = **Whole Wheat Bread + Peanut Butter or Avocado**



LOW TO MODERATE RISE

High Fiber Carb (>3 g) + High Fiber Carb (>3g) + Carb with Protein = **Steel Cut Oats + Frozen Berries + Milk**

High Fiber Carb (>3 g) + Plant Based Fat + Simple Carb = **Bar with 10+ g of Sugar [Fiber One Bar Chocolate & Oats] or Whole Wheat Eggo Waffles + Margarine + Sugar-Free Syrup**

High Fiber Carb (>3 g) + Carbs with Protein = **High Fiber Cereal + Milk**



HIGH RISE

- Juice,
- Low fiber fruit such as bananas.
- Danish, Coffee Cake, Muffins, Cereal bars
- Low fiber, sweeten cereal
- Sweet Teas, and Coffee Drinks, Flavorings, Coffee Shots

EXPLORE LUNCH

Use the *Eat What You Want, Love What You Eat with Diabetes* three question activity -- What Do I Want?/ Need? Have Available? The following formula provides a simple way to imagine how your blood sugar may respond to different lunch combinations.

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SLIGHT TO LOW RISE

Low Carb Vegetable + Carb with Protein + Plant Based Fat = **Green Beans, Peppers, Onions, and Diced Tomatoes + Black Beans + Chopped Olives + Dressing**

Low Carb Vegetable + Protein + High Fiber Carb (>3 g) = **Stuffed Peppers with Brown Rice and Sauteed meat with your favorite seasonings**

Low Carb Vegetable + Protein + High Fiber Carb (>3g) + Plant Based Fat = **Salad Greens + Grilled meat + Whole Grain Roll + Salad Dressing**



LOW TO MODERATE RISE

High Fiber Carb (>3 g) + High Fiber Carb (>3 g) + Protein, + Fat = **Berries + Whole grain bread + Deli meat (Turkey, Ham, Roast beef) + Mayo**

High Fiber Carb (>3 g) + Low Carb Vegetable + Protein + Plant Based Fat + Simple Carb = **Whole Wheat Wrap + Diced Meat (leftovers) + Shredded vegetables like carrots, cabbage or broccoli + Salad Dressing**

High Fiber Carb (>3 g) + Low Carb Vegetable + Protein + = **Whole Wheat Pasta, Peppers & Onions + Diced Tomatoes + Meatballs and Dry Cheese**



HIGH RISE

- Juice, Soda, Lemonade
- Sweet Teas, and Coffee Drinks, Flavorings, Coffee Shots
- Dried fruit such as banana chips, raisins, cranberries
- Sweet sauces, BBQ, Teriyaki Sauce

EXPLORE DINNER

Use the *Eat What You Want, Love What You Eat with Diabetes* three question activity -- What Do I Want?/ Need? Have Available? The following formula provides a simple way to imagine how your blood sugar may respond to different dinner combinations.

EAT WHAT YOU LOVE LOVE WHAT YOU EAT WITH DIABETES

a mindful eating program for thriving with prediabetes or diabetes
--- UPDATED ---



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SLIGHT TO LOW RISE

Low Carb Vegetable + Protein + High Fiber Carb (>3 g) Plant Based Fat = **Any Low Carb Vegetables raw or cooked + Any meat to grill or broil + Baked Potato with skin + Margarine**

Low Carb Vegetable + Protein + High Fiber Carb (>3 g) = **Broccoli + Hamburger + Whole Wheat roll + Ketchup* (check label)**

Low Carb Vegetable + Protein + High Fiber Carb (>3g) + optional Fat = **Peppers, Onions, Carrots + Spinach, Broccoli + Chunked Chicken + Whole Wheat Pasta + Salad Dressing [or tomato sauce which is a carb vs fat]**



LOW TO MODERATE RISE

Low Carb Vegetable + High Fiber Carb (>3 g) + Protein, + Fat = **Any Low Carb Vegetables raw or cooked + Cooked Whole Grain (Quinoa, Brown Rice, Farro) + (Chicken, Turkey, Pork, Beef) + Margarine/Butter**

High Carb + Low Carb Vegetable + Protein + = **Pizza + Vegetable Topping + Meat Topping.**

Deepen your mindful eating practice - you have checked in with hunger, and you know what you want, need and have available. Turn off any distractions and enjoy your selection. Let everything else clear your mind and focus on the bite. The taste, texture, the people or conversation at the meal.



HIGH RISE

- Juice, Soda, Lemonade
- Mixed Drinks with carbs, Beer
- Sweet Teas, and Coffee Drinks, Flavorings, Coffee Shots
- Dried fruit such as banana chips, raisins, cranberries
- Sweet sauces, BBQ, Teriyaki Sauce



In partnership with BMIQ

Dietary Fiber

By Rachel Lustgarten MS RD

Looking for an added boost to your healthy eating plan? Try increasing your fiber intake. If an unappealing vision of cardboard-like crackers comes to mind, don't worry! Fiber is found in many delicious foods, including fruits, vegetables, legumes (like lentils and beans) and whole grains (think quinoa and brown rice). Why fiber? Fiber, found in plant-based foods, is not fully broken down in the body, takes longer to eat, and helps to keep us full for longer...a key component in weight control.



Plus, the health benefits of fiber extend beyond weight control – getting adequate fiber can lower cholesterol to prevent heart disease and help control blood sugar, not to mention preventing constipation.

How to Spot Whole Grains & Fiber

Eat more whole foods, as opposed to processed and refined items. Look for bread and other grain products that are labeled 100% whole wheat or whole grain and contain at least 3 grams of fiber per slice. Watch out – food manufacturers can be tricky! Avoid 100% *grain* or *multigrain* products – these are not the same as whole grain. And, don't judge the bread by its color alone – being brown or speckled with seeds does not guarantee it is full of whole grains and high in fiber.

How Much?

The recommendation for dietary fiber is 25 grams a day for women and 38 grams a day for men, according to the Institute of Medicine's Dietary Reference Intake. Unfortunately, most Americans only eat about half of that amount. Consume a combination of *soluble* (dissolves in water) and *insoluble* (does not dissolve in water) fiber. Soluble fiber is found in oats, beans and fruits, and forms a gel as it is digested to help clear cholesterol and control blood sugar. Insoluble fiber ("roughage") moves matter through the digestive tract and is found in whole wheat, nuts, and vegetables. Getting fiber from whole foods is preferable to supplements, including Metamucil or Citrucel, but may be appropriate if you are unable to meet your fiber requirements via diet alone. Consult your registered dietitian with questions about your fiber intake.

Dietary Fiber Tips:

- Drink up: Make sure to stay hydrated as you add fiber to your eating plan. This will help keep things moving through your body and prevent constipation.
- Slow and steady: Add fiber slowly to allow your body to adjust. Adding fiber too quickly can result in bloating, diarrhea, and/or constipation.
 - Keep it whole: Instead of fruit juice, opt for the whole fruit to get the fiber. Berries, apples, and pears are especially high in fiber.
 - Snack on raw veggies and hummus, a cup of vegetable or bean-based soup, or a small handful of nuts (limit portion size with the nuts as they are high in fat and calories).

So, is eating fiber the secret to losing and maintaining weight? Sadly, no, but adding more fiber to the diet will make it easier!

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Prepared For:		Date:	
Prepared By:	MyWay to Health	Contact:	

Heart-Healthy Eating Fiber Tips

Tips

Fiber's Benefits

There are two types of fiber in food: soluble and insoluble. Soluble fiber is especially helpful in lowering LDL (low-density lipoprotein, or “bad”) cholesterol.

Try to eat 10 to 25 grams (g) of soluble fiber per day. Work toward this goal gradually, and be sure to drink enough fluids. This will help you avoid problems with gas.

Ways to Add Fiber to Your Eating Plan

- Add fiber to foods you already eat:
 - Sprinkle oat bran or rice bran on cereal.
 - Add almonds to salad.
 - Include dried beans in soup.
 - Mix ground flaxseed into muffins.
- Eat whole fruit rather than drinking juice.
- Select vegetables with lots of soluble fiber, such as brussels sprouts, acorn squash, lima beans, broccoli, okra, and eggplant.
- Look for whole grain products, especially those with oats and barley.
- Add vegetables to sandwiches, or eat a peanut butter sandwich on whole grain bread.
- Have bean dip or hummus for snacks.

Fiber-Rich Foods

The chart shows how much soluble fiber is in one serving of some foods.

Food	Soluble Fiber
½ cup kidney beans	2.8 g
½ cup oatmeal, regular, before cooking	2.0 g
1 medium orange	1.8 g
¼ cup oat bran	1.7 g
1 packet instant oatmeal	1.4 g
½ cup cooked broccoli	1.4 g
2 tablespoons flaxseed meal	1.1 g
1 medium apple	1.0 g
1 small baked potato with skin	0.9 g
1 medium banana	0.7 g
1 cup raisin bran	0.7 g

Notes