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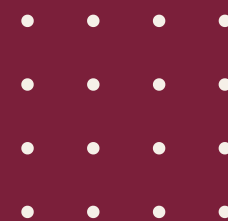
Fiber Made Simple

A practical, beginner-friendly way to add more fiber, one meal at a time

INSIDE:

Easy additons, Simple meal upgrades, Shopping Checklist, 3-day starter challenge

Free [Quick Starter Guide](#)





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What Counts as a Good Start?



Fiber is a type of carbohydrate found naturally in plant foods. The body does not fully digest it, and different fibers support digestion, satiation, blood cholesterol, and the way a meal is absorbed.

No Perfection Required

If your usual intake is low, focus first on adding one dependable fiber source to one or two meals each day.

Daily Fiber Targets for Adults

Females:

21g - 25g per day

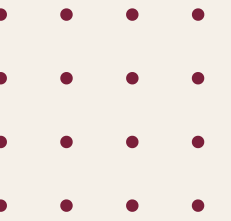
Males:

30g - 38g per day

These are general daily goals for healthy adults. They are not medical test results, and you do not have to hit the exact number every day.



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The Gentle Increase Rule

1

Add Slowly

Increase slowly over days or weeks. Adding too much too quickly can cause gas or bloating.

2

Drink Enough

Fiber works best with adequate fluid. Drink enough water as you add fiber, unless your healthcare provider has told you to limit fluids.

3

Notice Your Body

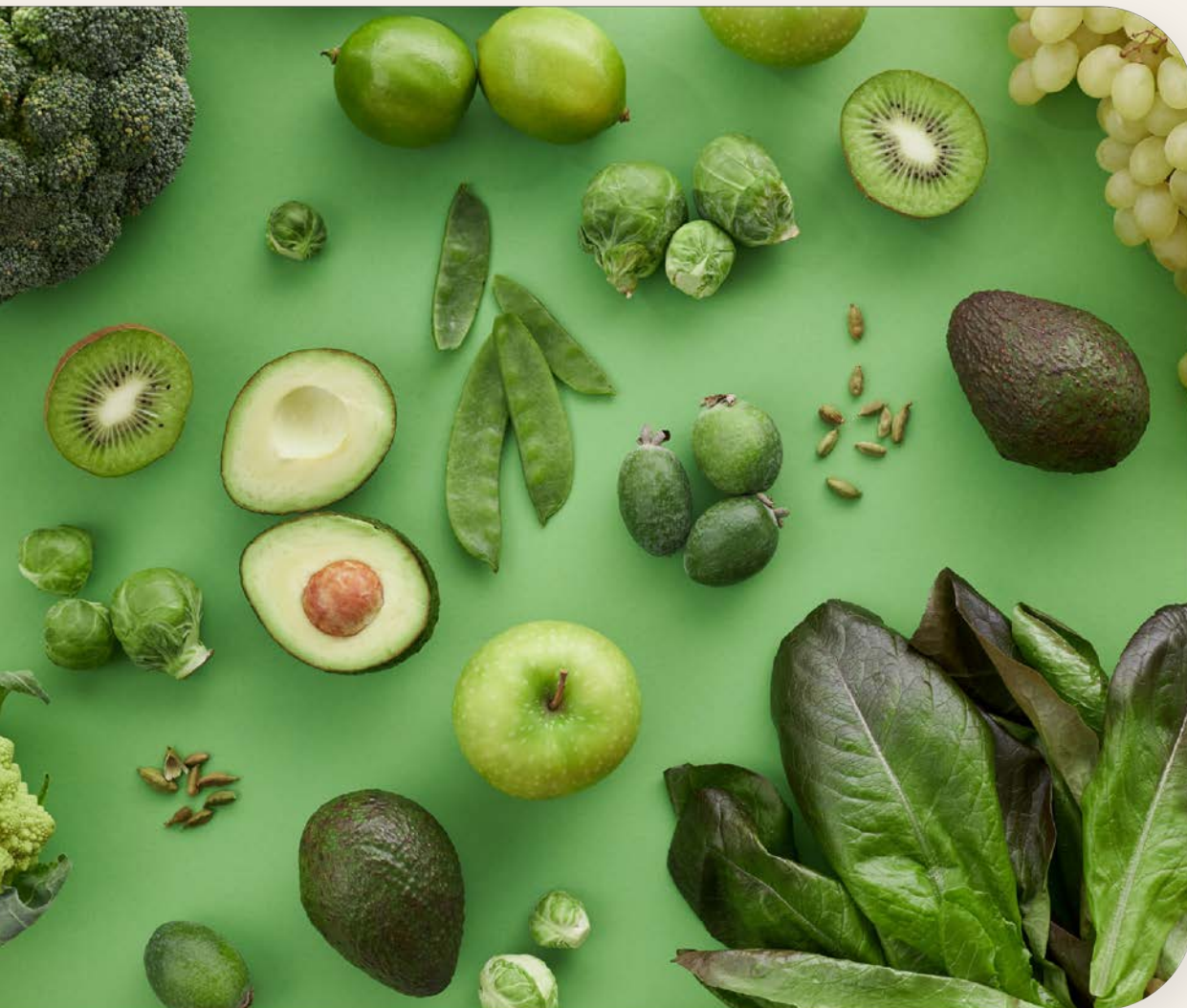
Temporary gas or bloating can happen. How your body responds can affect how much fiber is right for you. Reduce the jump, then build more gradually.



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Pick One Add It Often

Use this as a mix and match menu.



Chia seeds
2 tablespoons = 10g of Fiber



Lentils, cooked
½ cup = 8g of Fiber



Raspberries
1 cup = 9g of Fiber



Avocado
½ medium = 5g of Fiber



Broccoli, cooked
1 cup = 5g of Fiber



Pear, with skin
1 medium = 5-6g of Fiber



Sweet potatoes, skin on
1 medium = 4g of Fiber



1 oz or small handful
3-4g of Fiber



Plain oats, cooked
1 cup = 4g of Fiber

Fiber amounts are estimates from published food data and may change depending on the variety, cooking method, or brand.



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The Simple Fiber Shop



Vegetables:

- Leafy greens
- Broccoli or cauliflower
- Carrots or pepper
- Cucumber
- Okra or garden egg

Fruits:

- Berries
- Pears
- Apples
- Avocado

Beans and Peas:

- Lentils
- Beans (any type)
- Chickpeas
- Green peas
- Edamame

**Pick 2-3 foods from each group that you'll actually eat.
Each group gives you an easy way to add fiber**

Grains and starches:

- Oats
- Sweet potatoes (skin on)
- Quinoa
- Brown rice

Nuts and seeds:

- Chia seeds
- Ground flaxseeds
- Almonds
- Walnuts

Freezer backups

- Frozen vegetables
- Frozen berries

When comparing similar products, look for 3g or more of fiber per serving. 6g or more is high fiber.



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Three Days

Three Small Wins



Day 1: Add one fruit or vegetable

Choose one meal and add a whole fruit or a vegetable you enjoy

Day 2: Add beans, nuts or seeds

Add lentils or beans to a meals, or use chia, flax, or nuts as a topper

Day 3: Build a fiber pair

Combine two sources:
Oats + berries, beans + vegetables, or
fruits + nuts

Repeat the easiest win next week. Consistency beats trying to change every meal at once.





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No Overhaul Needed

Start with a meal you already enjoy, then add or swap in one plant food that contains fiber.

Breakfast

Eggs or yogurt

To eggs, add one or more of the following:
Vegetables such as greens (kale, spinach, collard), mushrooms, avocado

To plain yoghurt, add one or more of the following:
Berries, chia seeds, flax seeds, pumpkin seeds
avocado

Lunch

Rice, pasta, sweet potatoes, or plantain

Add greens, salad, broccoli, avocado, beans, lentils, chickpeas

Dinner

Fish, Chicken, Steak

Roasted broccoli, brussels sprouts or asparagus, salad, black beans

