

# FIBER GUIDE RECOMMENDATIONS



Woman: 30 - 40 grams/day

Men: 40 - 45 grams/day

Fiber is found in plants: vegetables, fruits, grains, nuts and seeds. Fiber contains no calories and does a lot more than just keep you regular. It is also essential for creating and maintaining healthy gut microbes, a.k.a.: the good microbes that keep us healthy.

Some of the symptoms that arise from low fiber intake:

- Constipation
- Bloating after meals
- Fatigue
- Decreased immune function elevated cholesterol
- Weight gain
- Blood sugar fluctuations
- Irritability

## THERE ARE TWO TYPES OF FIBER:

### Insoluble

- Provides feelings of fullness, (weight loss)
- Feeds your microbiome
- Prevents constipation and hemorrhoids

**Foods with insoluble fiber:** flax seeds, carrots, celery, zucchini, broccoli, dark leafy greens. (Brown rice and whole wheat product do contain fiber but they are omitted due to the starchy carb category).

### Soluble

- Reduces cholesterol levels
- Keeps blood sugar stable
- Absorbs water

**Foods with soluble fiber:** oatmeal, nuts & seeds, beans & peas, lentils, apples & pears, berries and psyllium husk

## HIGH FIBER FOODS YOU SHOULD EAT EVERYDAY

1 artichoke	10 grams	1 c. cooked broccoli	5 grams
1 avocado	10 grams	1 Tbs. chia seeds	5 grams
1 c. raspberries/blackberries	8 grams	1 apple or pear w/peel	4 grams
1/2 cup cooked beans	7 grams	1 cup oatmeal	4 grams
1/2 cup of nuts	6 grams	1/2 cup peas	4 grams
1 c. cooked quinoa	5 grams	1 tsp. flaxseeds	3 grams
1 c. winter squash	5 grams		

Add cooked quinoa, nuts and flaxseeds too boost a salad's value!  
Add pecans, walnuts or almond to your oatmeal.

**MAKE CHIA PUDDING RECIPE ON NEXT PAGE. IT'S DELICIOUS SERVED WITH BERRIES!**



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## CHIA SEED PUDDING RECIPE

4 servings

### INGREDIENTS

2 cups coconut milk  
½ cup chia seeds  
½ tsp vanilla extract  
¼ cup maple syrup, or sweetener and amount of choice  
¼ tsp cinnamon (optional)

### INSTRUCTIONS

1. For blended/smooth version: Place all ingredients in blender and blend on high for 1-2 minutes until completely smooth.
2. For whole chia seed version: Blend all ingredients except chia seeds in a blender until smooth, including any added flavors, fruits, or chocolate. Whisk in chia seeds.
3. Pour mixture into a jar or glass container and place in the refrigerator for at least 4 hours or overnight to let gel.
4. Shake or whisk a few times within the first hour to help it gel evenly. I prefer to make this at night to have ready for a fast breakfast the next day. It is also great to make in the morning for a delicious pre-made dessert at night.

#### **What is Chia Pudding?**

Chia seed pudding is a simple and delicious way to easily get the benefits of chia seeds. It takes minutes to make and has enough protein and nutrients to be a quick, on-the-go breakfast option.

Throw in some some chopped pecans, walnuts, almonds, fresh fruit, or even chocolate shavings for breakfast or a delicious low-sugar dessert.

#### **Blended vs. Whole Chia Seeds**

There are two texture options for chia seed pudding. You can keep the chia seeds whole for more texture, but if you prefer a smoother texture that is similar to “regular” pudding, you can also blend all the ingredients for a smoother consistency.