



Natalia García

Functional Nutrition & Wellness

Eating Fiber

When we eat fiber:

1. Keeps us satisfied, and fills us up, to help with weight reduction.
2. Binds and eliminates toxins, heavy metals and carcinogens to help prevent cancer.
3. Reduces blood estrogen levels.
4. Reduces the risk of cardiovascular disease by lowering blood cholesterol levels.
5. Relieves constipation, and certain types may help control diarrhea.
6. Promotes healthy gut bacteria for improved nutrient absorption and metabolism.
7. Regulates blood sugar levels to improve energy level, prevent and manage diabetes.
8. High fiber whole-foods are typically rich in anti-oxidants, vitamins and minerals.

Where do I find fiber?

- Plant-foods, such as vegetables, fruits, legumes, nuts and seeds.
- With over 25 different types of fibers, maximize the benefit by eating a variety of fiber rich whole-foods.





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How? Where to start?

- Consume 30-45 grams of fiber per day
- eat legumes at least 2x week and at least 2 cups of vegetables each day
- Consume 2 tablespoons of seeds, and 1/4 cup of nuts, every day
- Read labels. Opt for foods that include "soluble fibers" (not just insoluble)
- Drink plenty of fluids
- Increase slowly

Examples

- 2 tablespoons Flaxseed + 1/4 cup almonds + 1/2 navy beans + 1 cup spinach + apple + 1 cup broccoli = 30 grams
- 1/2 avocado + 1 pear + 1 cup broccoli + 1 cup carrots + 1/2 cup black beans + 1/4 cup walnuts + 2 tablespoons chia seeds = 34 grams.

Legumes	Serving Size	Grams of fiber
Beans, black	1/2 cup, cooked	8.3
Beans, red kidney	1/2 cup, cooked	8.2
Beans, garbanzo	1/2 cup, cooked	5.0
Beans, navy	1/2 cup, cooked	8.5
Lima beans	1/2 cup, cooked	4.5



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Fruit	Serving Size	Grams of fiber
Avocado	1 medium	11
Apples	1 medium	3.7
Bananas	1 medium	2.8
Blackberries	½ cup	1.9
Blueberries	½ cup	1.3
Cantaloupe	½ cup	6
Figs	¼ cup	6
Grapefruit	1 medium	3.4
Grapes	1 cup	1.6
Kiwi	1 medium	2.6
Orange	1 medium	3
Pear	1 medium	6
Persimmon	1 medium	6
Prune	¼ cup	3

Vegetables	Serving Size	Grams of fiber
Artichokes	1 medium	6.9
Beets	½ cup, cooked	1.7
Broccoli	½ cup, cooked	2.3
Brussels Sprouts	½ cup, cooked	2.0
Carrots	½ cup, cooked	2.6
Kale	½ cup, cooked	1.5
Peas, green	½ cup, cooked	4.4
Potato, red	1 medium	3.0
Spinach	½ cup, cooked	2.2
Squash, winter	½ cup, cooked	3.4
Sweet potato/yam	½ cup, cooked	2.7

Nuts and Sees	Serving Size	Grams of fiber
Almonds	¼ cup	3.9
Pistachios	¼ cup	2.7
Pecans	¼ cup	2.5
Peanuts	¼ cup	2.9
Chia Seed	¼ cup	13.0
Flaxseed, ground	¼ cup	12.0
Pumpkin seeds	¼ cup	1.0
Sesame seeds	¼ cup	5.0



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Which foods will I eat to gradually get to 30-40gm fiber?

How will I add these foods into my day to day?

Note that wheat based foods are not recommended for meeting your fiber needs because these are processed and mostly contain sugar.