



# HOW TO SNEAK MORE FIBER INTO YOUR DIET

Getting enough fiber is important for your health. For starters, it can prevent or reduce constipation, which is good for colon health. It may also help with weight loss and maintenance. Fiber has been shown to lower cholesterol levels, as well as reduce your risk of diabetes and heart disease. The Institute of Medicine recommends at least 38 grams of fiber a day for men and 25 grams for women.

Below are some great ways to boost your fiber intake.



### **EAT VEGGIES BEFORE YOUR MEAL**

Starting with a salad or vegetable soup before your entree meal has been linked to eating more fiber and fewer calories overall. Non starchy vegetables are especially low in calories and high in nutrients, including fiber. Eating your vegetables before a meal is also a good way to avoid filling up on the "bad" stuff.



### **SNACK ON NUTS AND SEEDS, OR ADD THEM TO RECIPES**

Seeds and nuts provide protein, healthy fats and fiber. They're ideal for snacking or adding to recipes. An ounce of almonds has 3 grams of fiber. They're also high in unsaturated fats, magnesium and vitamin. You can use them in recipes to add extra nutrition and fiber to your meals.



### **EAT WHOLE FRUITS**

Fruit is an excellent portable snack food. High-fiber fruits include pears, apples and berries. All fruit delivers fiber, although some have significantly more than others. For instance, one small pear has 5 grams of fiber. Note: Make sure to keep the skin on because this is where most of the fiber resides.



### **INCLUDE PLENTY OF BEANS AND LEGUMES IN YOUR DIET**

Legumes (ie. beans, peas and lentils) are very rich in fiber, as well as protein, carbs, vitamins and minerals. A cup of cooked beans can deliver up to 75 percent of your daily fiber needs. Replacing meat with legumes a few meals per week is linked to increased life span and a decreased risk of several chronic diseases.



### **ADD AVOCADOS**

Avocados are rich in monounsaturated fats and fiber. They're a healthy alternative to many other types of fat. The creamy, green flesh is not only rich in healthy, monounsaturated fatty acids, it's also packed with fiber. Half an avocado has 5 grams of fiber. Try using avocado instead of butter, or use it to top salads and other dishes.



### **SKIP THE JUICES**

Eating fruits and vegetables in whole form, rather than juice, ensures that you get more fiber and less sugar. Even though vegetable juices have high amounts of micronutrients, they are still stripped of fiber, leaving a concentration of carbs, specifically in the form of sugar. While vegetable juices have less sugar than fruit juices, they have far less fiber than you get from eating whole vegetables.

**Taking these steps to enhance your diet will help your heart beat strong and continue to improve your overall health!**