

HIGH FIBER FOODS

Recommended Daily Fiber Intake

Gender/Age	Fiber (gms)
1-3 years	19
4-8 years	25
9-13 years	
Female	26
Male	31
14-18 years, adults up to 50	
Female	29
Male	38

*****Most people only eat about HALF the fiber they need each day!**

- <1 year: **no specific fiber goal.**
Breastmilk & formula is sufficient
- > 6 months onward: **start small amounts fiber rich purees**

Vegetables

- Broccoli - 5 g per cup
- Brussel sprouts - 4-5 g per cup
- Carrots - 3-4 g per cup
- Sweet potato (with skin) - 4 g
- Spinach (cooked) - 4 g per cup



Whole Grains

- Oats - 4 g per cup
- Quinoa - 5 g per cup
- Brown rice - 3-4 g per cup
- Whole wheat bread - 2-3 g per slice
- Barley - 6 g per cup
- Air-popped popcorn 3-4 g (3 cups)



Nuts and Seeds

- Chia seeds - 10 g (2 tbsp)
- Flaxseeds - 7 g (2 tbsp)
- Almonds - 3-4 g per handful
- Pistachios - 3 g per handful



Legumes

- Lentils - 15 g per cup
- Black beans - 15 g per cup
- Chickpeas - 12 g per cup
- Navy beans - 19 g per cup
- Split peas - 16 g per cup
- Edamame (shelled) - 8 g per cup



Fruits

- Raspberries - 8 g per cup
- Pear (with skin) - 5-6 g
- Apple (with skin) - 4-5 g
- Banana - 3 g
- Orange - 3-4 g
- Avocado - 10 g per half



WHAT IS FIBER?

- **Fiber** comes from **plants** and the body **cannot break them down**
- It **moves through your body** and helps **keep you healthy and bowel movements regular**.
- **Soluble fiber:** forms a gel in water
 - Benefits:
 - Stabilized blood sugars
 - Lowers cholesterol
 - Feeds gut bacteria
 - Sources:
 - ***Oats, beans, fruits, seeds***
- **Insoluble fiber:** adds bulk / doesn't dissolve
 - Benefits:
 - Prevents constipation
 - Speeds up digestion
 - Sources:
 - ***Whole grains, vegetables, nuts, seeds***

TIPS TO INCREASE FIBER INTAKE

- Aim for **3-7g fiber per snack**
- Add fruit to breakfast
- Choose **whole foods over processed snacks**
- Include **beans or lentils** several times a week
- Snack on nuts, seeds or raw veggies
- Leave skins on fruits/veggies
- Pair fiber with **protein or fat** - keep full longer
- Increase gradually + drink **plenty of water**

WHY WE NEED FIBER!

- Keeps your **digestive system regular** and healthy
- Helps **control blood sugar** and **support heart health**
- Feeds **good gut bacteria**, supporting immune function and overall well-being
- Helps you **feel full longer**, can aid in **weight management**

Dairy + Fiber Combo

- Yogurt + berries + oats
- Cottage cheese + fruit
- Milk + high fiber cereal

Legume Based Snacks

- Black beans or pinto beans (seasoned, mashed, or dip)
- Bean + cheese quesadilla

Fiber: ~6-10g

Whole grain Snacks

- Whole grain toast + Peanut butter
- Whole wheat crackers + hummus/beans
- Oatmeal with fruit

Fiber: ~4-7g

Vegetables + Protein Options

- Carrots sticks + hummus
- Celery + PB
- Bell peppers + bean dip
- Cucumber + black bean dip

Fiber: ~3-6 g