



Bite-Sized Tips

from Lifestyle Medicine



FIT FIBER INTO YOUR DAY

- Add berries, sliced fruit, or chia seeds to yogurt or oatmeal
- Choose whole grain bread, pasta, rice, or cereals when possible
- Include beans, lentils, or chickpeas in soups, salads, or other meals
- Have a high-fiber snack like vegetables, nuts, air-popped popcorn, or fruit instead of highly processed snacks
- Add extra vegetables whenever possible; try adding more veggies to sandwiches, eggs, casseroles, and pasta dishes

Note: If you're not used to eating a high fiber diet, start slowly! Drinking plenty of water throughout the day may help reduce any initial bloating and discomfort before your body gets used to the increase of fiber. It adds up!

Here are some examples of where you can add fiber throughout your day:

Breakfast: overnight oats

- ½ cup rolled oats (4 g)
- 1 Tbsp chia seeds (5 g)
- ¾ cup milk or non-dairy alternative milk (0 – 2 g)
- ½ cup blueberries (2 g)

Approximate fiber: 11 – 13 g

Morning snack

- 1 medium apple with skin (4 – 5 g)
- 1 Tbsp peanut butter (1 g)

Approximate fiber: 5 – 6 g

Lunch: chicken and quinoa bowl

- 3 – 4 oz. chicken
- ½ cup cooked quinoa (2 – 3 g)
- ½ cup black beans (7 – 8 g)
- Roasted zucchini and peppers (2 g)
- Lemon-herb dressing

Approximate fiber: 11 – 13 g

Afternoon snack

- 3 cups air-popped popcorn (3 – 4 g)

Approximate fiber: 3 – 4 g

Dinner: salmon, sweet potato, and broccoli

- 4 – 5 oz. salmon
- 1 medium baked sweet potato with skin (4 g)
- 1 – 1½ cups roasted broccoli (5 – 7 g)

Approximate fiber: 9 – 11 g

Total fiber: 39 – 47 g

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