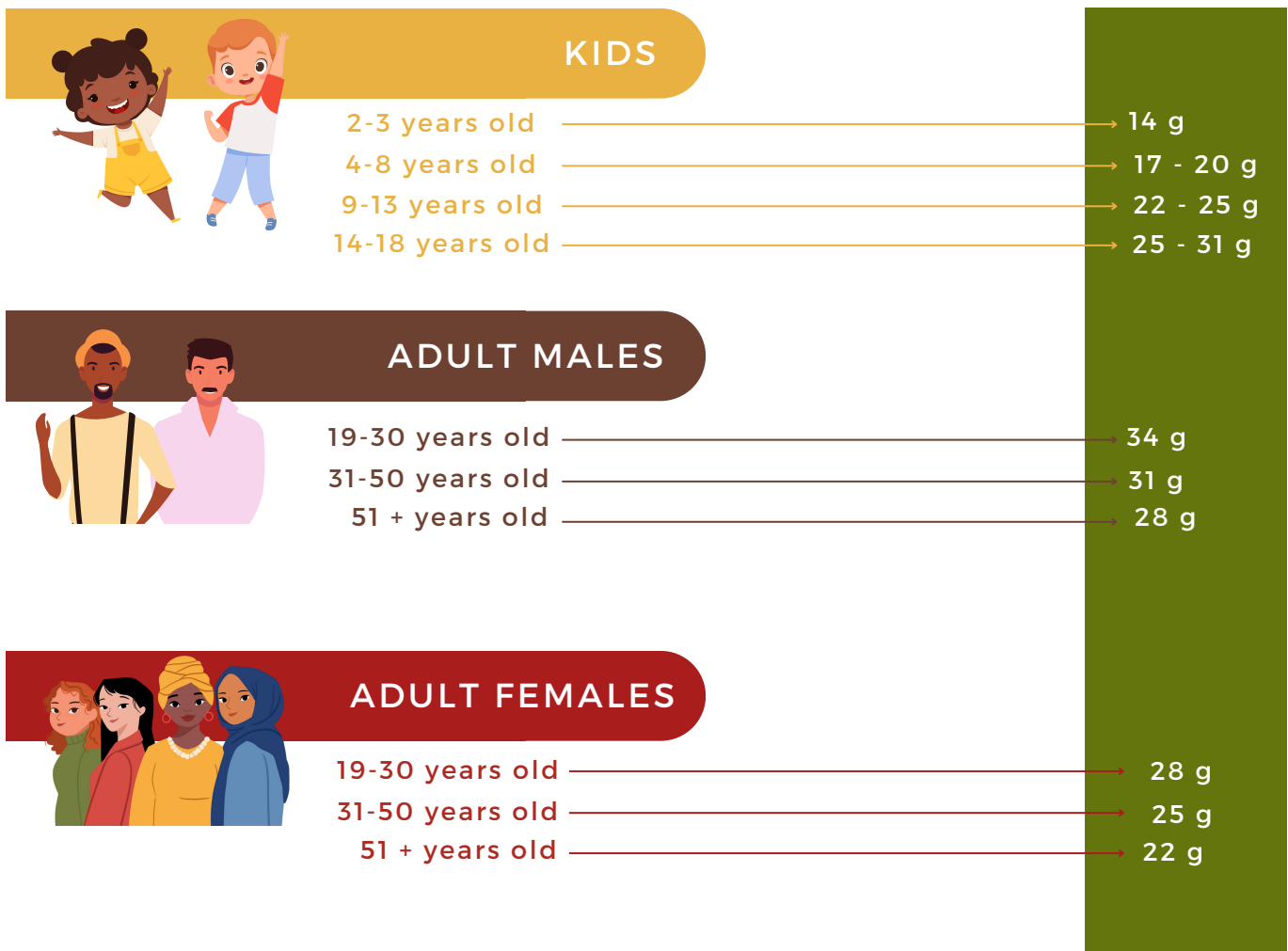




ARE YOU GETTING ENOUGH?

Fiber has been shown to keep you full, help prevent large spikes in blood sugar, lower bad cholesterol, and reduce your risk for colon cancer, heart disease, and type 2 diabetes.

HOW MUCH FIBER DO YOU NEED EACH DAY?



Flip to the back to see how you can up your fiber intake!

BREAKFAST:



- 2 EGGS (0 G)
- 1 PACKET MAPLE BROWN SUGAR OATMEAL (3 G)
- 8 OZ ORANGE JUICE (1 G)

SNACK



- 2 PACK LAYS POTATO CHIPS, SNACK SIZE (2 G)

LUNCH:



- 6" WHITE TORTILLA X 2 (2 G)
- 1/2 C GROUND BEEF (0 G)
- 1 TSP TACO SEASONING (0 G)
- 2 TBSP SOUR CREAM(0 G)
- 1/3 C SHREDDED CHEESE (0 G)

DINNER:



- 1 C COOKED BROCCOLI (5 G)
- 3/4 C WHITE PASTA (1 G)
- 1/2 C SPAGHETTI SAUCE (2 G)
- 3 OZ GROUND BEEF (0 G)

SNACK:



- 3 CHIP'S AHOY COOKIES (1 G)

TOTAL FIBER: 16 G

Calories	Carbs	Fat	Protein	Sodium
2,099 kcals	232 g	94 g	90 g	3,117 mg



Oats
3g / 3/4 cup



Nuts
3g / 1/4 cup



Quinoa
3g / 1/2 cup



Beans
12g / 3/4 cup



Avocado
7g / 1/2 fruit



Lentils
6g / 3/4 cup



Chickpeas
5g / 3/4 cup



Green Peas
5g / 1/2 cup



Edamame
4g / 1/2 cup



Pear
5g / 1 fruit



Raspberries
5g / 1/2 cup



Apple
5g / 1 fruit

TIPS

- Increase fiber intake slowly to avoid gas
- Drink plenty of water so you don't get constipated

Try adding beans to soups and salads for a fiber boost!

BREAKFAST:



- 2 EGGS (0 G)
- 1 C COOKED WHOLE OATS (6 G)
- 1 C BLUEBERRIES(1 G)

SNACK



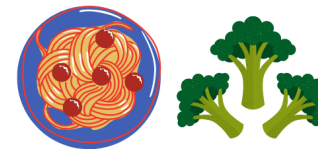
- 1 APPLE (5 G)
- 1 TBSP PEANUT BUTTER (1 G)

LUNCH:



- 6" WHOLE GRAIN TORTILLAS X 2 (4 G)
- 1/2 C BLACK BEANS (8 G)
- 1 TSP TACO SEASONING (0 G)
- 1/4 AVOCADO (3 G)
- 1/3 C SHREDDED CHEESE (0 G)

DINNER:



- 1 C COOKED BROCCOLI (5 G)
- 3/4 C WHOLE GRAIN PASTA (7 G)
- 1/2 C SPAGHETTI SAUCE (2 G)
- 3 OZ GROUND BEEF (0 G)

SNACK:



- 1/2 BAG ORVILLE REDENBACHER POPCORN (5 G)

TOTAL FIBER: 46 G

Calories	Carbs	Fat	Protein	Sodium
1,642 kcals	206 g	64 g	77 g	1,604 mg