

Increasing Fiber

Fiber helps balance blood sugar by slowing the digestion of carbs, giving sustained energy and boosting satiety after a meal. It can also help lower cholesterol, improve digestion, and maintain a healthy weight.

Boost Fiber with “Adds”

With Breakfast, Add...

- Ground flaxseed or chia seeds to smoothies, yogurt, or hot cereal
- A handful of spinach to smoothies. You won't even taste it!
- Fresh/frozen berries to plain yogurt
- A piece of whole fruit (skip juice - it has no fiber!)
- Avocado slices to your morning toast
- Microwaved frozen berries on top of waffles or pancakes in place of syrup

With Lunch, Add...

- Quinoa, wild rice, or beans to green salads
- Chopped almonds and celery to chicken or tuna salad recipes
- A green salad as a side or switch out fries for salad at a restaurant
- Lentils, beans, or frozen veggies like spinach to your soup
- Frozen broccoli or cauliflower to your pre-packaged frozen meal halfway through microwaving

With Dinner, Add...

- An appetizer salad- choose dark green lettuce like spinach, kale, or arugula
- Ground almonds (aka almond meal) for breading fish
- Veggies and/or lentils to your spaghetti sauce (blend for a smooth texture)
- A side of steamed veggies to your meal at restaurants

Pro-tip: when introducing more fiber go slow & drink plenty of water!



Snacks & Treats

- Choose whole grain crackers to pair with cheese
- Steam frozen edamame and sprinkle with your favorite low-sodium spice blend
- Enjoy a banana or apple with your favorite nut butter
- Enjoy raw veggies (carrots, peppers, cucumber, sugar snap peas, celery) with hummus
- Try air-popped popcorn (did you know it's considered a whole grain?)
- Make your own trail mix with your favorite dried fruit, nuts, and seeds
- Pair fresh fruit with a square of dark chocolate and nuts
- Scoop beans, guacamole, and salsa with veggie sticks & a few whole grain crackers
- Toast up a slice of whole grain bread and eat with hummus, tomato, & avocado
- Try a handful of roasted chickpeas for salty, crunchy snack

Super Simple Swaps

If you love:

Try swapping it for:

White rice	-----	A mix of white and brown rice, brown rice, wild rice, or quinoa
Chips & Dip	-----	Whole grain chips & veggie sticks with hummus or guacamole
Spaghetti	-----	100% whole grain noodles & sauce with added veggies or beans
Toast	-----	100% whole grain toast with avocado, nut butter, or banana slices
Sweet breakfasts	-----	Nut butter and dried/fresh fruit in oatmeal
Chips	-----	Air-popped popcorn
Mashed potatoes	-----	Leave the skin on and use half potatoes, half cauliflower
Tacos	-----	Whole grain tortillas (like corn) & beans instead of ground meat

