

Fiber

Fiber is a non-digestible carbohydrate that is essential for a healthy diet.

GOAL



Men
38 grams



Women
25 grams

*Exact needs may vary



HEALTH BENEFITS

Eating an adequate amount of fiber can help with many health conditions:

- Diabetes
- Heart disease
- Digestive issues
- Weight management
- Adequate water intake and fiber are the perfect pair to aid in constipation

FOODS THAT CONTAIN FIBER

Fruits: bananas, oranges, apples, pears, avocados

Vegetables: broccoli, carrots, kale, spinach

Whole Grains: whole-wheat bread, oats, barley, quinoa

Beans

EXAMPLE DAY OF EATING

Provides 34 grams of fiber

Breakfast: 9.2 g

1 cup shredded wheat cereal
(6.2 g)
1 cup milk
1 cup strawberries (3.0 g)

Lunch: 10.05 g

Burrito:
Whole-wheat tortilla (2.8 g)
1/4 cup black beans (3.75 g)
1/4 cup avocado (2.5 g)
1/4 cup corn (1.0 g)
1/4 cup shredded chicken
1/4 cup white rice
1/4 cup shredded lettuce
1 Tbsp sour cream
1 Tbsp shredded cheese
1 Tbsp hot sauce

Snack: 4.8 g

Medium apple (4.8 g)
1 Tbsp peanut butter (1.0 g)

Dinner: 9.1 g

Chicken breast
1 cup cooked broccoli (5.2 g)
1 baked potato with butter
(3.9 g)

Sources

Dietary Guidelines for Americans, 2020-2025. "Food Sources of Dietary Fiber." <https://www.dietaryguidelines.gov>

Academy of Nutrition and Dietetics. "Fiber." <https://www.eatright.org>