



Small Changes, **BIG** Benefits

Why Fiber Matters

Dietary fiber is found in plant foods and supports digestion, heart health, stable blood sugar, healthy gut bacteria, and helps you feel full longer. Most people do not get enough fiber, but small changes can make a big difference.

Daily Fiber Goals

WOMEN
~25 grams/day

MEN
~38 grams/day

Fiber All-Star Foods

Fruits — raspberries, pears with skin, apples with skin, bananas, oranges

Vegetables — green peas, broccoli, brussels sprouts, carrots, sweet potatoes with skin

Whole Grains — oatmeal, quinoa, whole wheat bread, brown rice, barley

Legumes — lentils, black beans, chickpeas, kidney beans

Nuts & Seeds — chia seeds, ground flaxseed, almonds, sunflower seeds

Easy Ways to Boost Fiber

- **Choose whole grain** breads, tortillas, and pasta instead of refined grains.
- **Add beans or lentils** to soups, salads, tacos, or pasta dishes.
- **Snack on fruit** with nuts, popcorn, or trail mix.
- **Boost breakfast** with berries, nut butter, chia seeds, or flaxseed.
- **Eat fruits and vegetables with the skin on** when possible.

Go Slow & Hydrate

Increase fiber gradually over 1–2 weeks. Spread fiber throughout the day, drink plenty of water, stay active, and pay attention to how your body feels.



Fill your plate with colorful plant foods, make simple swaps you enjoy, and drink plenty of water.
Let fiber fuel your day!