

Why do I need more fiber?

If you're anything like the average American, you just don't get enough fiber in your diet.

Let's see. Bacon and eggs with toast for breakfast, grab a sandwich for lunch, and do pasta for dinner...you're simply getting next to none.

What will increasing your daily fiber intake do for you?

It can help you to more easily digest your food and get the beneficial nutrients from what you *are* eating.

It will keep you feeling full longer. It can help you to have more frequent bowel movements. And for most people, this translates to feeling better because toxins are remaining in your system for much less time.

It's always best to increase fiber intake slowly. This way you can avoid bloating and gas some people complain about when eating more high-fiber foods. The recommended daily fiber intake is at least 38 grams a day for men and 25 grams a day for women.

Most people, unfortunately, get about half that.

Here are some yummy foods you can integrate into your diet that will increase your daily natural fiber intake and give you more get up and go!

Fruits: Raspberries, 1 cup, 8 grams; Blackberries, $\frac{3}{4}$ cup, 5.7 grams; Pear, medium 5.5 grams; Apple, medium 4.4 grams.

Vegetables: Artichoke, medium 6.9 grams; Carrot, raw 1 cup 3.6 grams; Summer Squash, raw 1 cup 1.2 grams.

Seeds and Beans: Chia seeds, 2 tablespoons, 7.8 grams; Navy beans, cooked, $\frac{1}{3}$ cup 6.4 grams; Black beans, cooked $\frac{1}{3}$ cup 5 grams

These are just a few examples as all fruits, vegetables, seeds, and beans are rich in fiber.

Explore new options for fiber-filled foods. You never know what you will find!