

# HIGH FIBER | LOW CARB | PROTEIN FOODS



1 Avocado  
13.5 g Fiber  
3.5g Carb  
4g Protein



1/2 cup Wheat Bran  
12.5g Fiber  
5g Carb  
4.5g Protein



2 Tbsp Chia Seeds  
10g Fiber  
0g Carb  
6g Protein



1 cup Raspberries  
8g Fiber  
6.7g Carb  
1.5g Protein



1/2c Beans  
8g Fiber  
14.5g Carb  
8g Protein



1 cup Coconut  
7g Fiber  
5g Carb  
2.7g Protein



2 Tbsp Coconut Flour  
5g Fiber  
3g Carb  
2g Protein



1 cup Broccoli  
5g Fiber  
6g Carb  
3.7g Protein



1 cup Collard Greens  
5g Fiber  
4g Carb  
4g Protein



1 cup Brussel Sprouts  
4g Fiber  
7g Carb  
4g Protein



1 Cup Bell Pepper  
4g Fiber  
4g Carb  
0g Protein



2 Tbsp Flax Seed Meal  
4g Fiber  
1g Carb  
3g Protein



1 Cup Asparagus  
3.6g Fiber  
4g Carb  
4.3g Protein



1 cup Cauliflower  
3.3g Fiber  
2g Carb  
2.3g Protein



1/2 cup Sauerkraut  
3g Fiber  
2g Carb  
1g Protein



1/4 Cup Nutritional Yeast  
3g Fiber  
2g Carb  
6g Protein



1 Cup Cooked Cabbage  
3g Fiber  
7g Carb  
1.5g Protein



1/2 Cup Quinoa  
2.6g Fiber  
17g Carb  
4g Protein



3/4c Chickpea or Lentil Pasta  
2.5g Fiber  
12g Carb  
6g Protein



1oz Pecans/Almonds  
1.5g Fiber  
1g Carb  
2g Protein



1 Cup Mushrooms  
1g Fiber  
2g Carbs  
2g Protein

## BENEFITS OF HIGH FIBER DIET

- Normalizes bowel movements
- Helps maintain bowel health
- Lowers cholesterol levels
- Helps control blood sugar levels
- Aids in achieving healthy weight
- Reduce risk of cardiovascular disease and cancer

## TIPS FOR GETTING MORE FIBER

- Jump start your day with high fiber breakfast
- Switch to whole grains
- Bulk up baked goods
- Lean on legumes
- Eat more fruits and vegetables
- Choose high fiber snacks

## ALWAYS REMEMBER



- Drink plenty of water. Fiber works best when it absorbs water, making your stool soft and bulky.
- Fiber will feed your gut microbiome
- Fiber supplements are not intended to replace high fiber foods.

## INSOLUBLE FIBER

Promotes the movement of material through your digestive system and increases stool bulk, so it can be of benefit to those who struggle with constipation or irregular stools.

Sources: Whole-wheat flour, wheat bran, nuts, beans and vegetables, such as cauliflower, green beans and potatoes.

## SOLUBLE FIBER

Dissolves in water to form a gel-like material. It can help lower blood cholesterol and glucose levels.

Sources: Oats, peas, beans, apples, citrus fruits, carrots, barley and psyllium.