Most health authorities around the world agree that people should get between 20-38 grams of total fiber each day. 1-3 That may sound like a lot, but the trick to getting enough fiber is making smart choices throughout the entire day.

BREAKFAST

Start Here

3.1g

0g 1 CUP (227ml) LOWFAT MILK

2.1q 1/2 CUP (78g) FROZEN BLUEBERRIES

When you add more fiber to your diet, it's important to drink plenty of water to keep the digestive system running smoothly.



SNACK

SNACK

2 CUPS (16g) POPCORN

1 CUP (227ml)

0.9q1 PLUM

Fiber may help you achieve a healthy weight by keeping you feeling fuller for longer.



1.9q 1 SLICE WHOLE **GRAIN BREAD** WITH BUTTER

1/4 CUP OF COOKED LENTILS

LUNCH



DINNER



1 CUP (184g) COOKED FROZEN BROCCOLI

Insoluble fibers-

found primarily in whole grains and vegetables - may help ensure healthy digestion by adding bulk to the stool.

3.2q 1 CUP (210g) MASHED POTATOES 2.2g



38 q DAILYTOTAL

2.6q 1 OZ (28G) MIXED NUTS



1 Institute of Medicine; Food and Nutrition Board. Dietary Reference Intakes: energy, carbohydrates, fiber, fat, fatty acids, cholesterol, protein and amino acids. Washington (DC): National Academies Press; 2005 ²Nutrient Reference Values for Australia and New Zealand https://www.nrv.gov.au/nutrients/dietary-fibre

³Joint WHO/FAO Expert Consultation on Diet, Nutrition and the Prevention of Chronic Diseases, 2002.

⁴U.S. Department of Agriculture, Agricultural Research Service. 2014. USDA National Nutrient Database for Standard Reference, Release 27.