



# FIBER-UP PRINTABLE CHECKLIST

We have your added inspiration to fiber-up this month. Try to check 7 out of the 10 items on the list each week of the 30-Day Fiber-Up Challenge. Bonus points if you get your family and friends in on it, too.

## Have a serving of vegetables with breakfast

Vegetables are some of the most nutrient-dense foods on the planet. They are loaded with vitamins and minerals for very few calories. Not to mention, they all deliver fiber. A serving of vegetables is usually a half cup of cooked vegetables or a full cup for raw. Adding them in to your breakfast can help you get to the recommendation of at least 5 servings a day. Try throwing spinach into your smoothie, stirring onions into your omelet or spreading avocado on your toast to help you fiber-up.

## Drink at least 12 cups of water today

Fiber is great for your gut, but you need to drink lots of water to help keep your digestion working smoothly with all that roughage. This can help you fight bloating and other digestive discomfort that people sometimes feel when they start eating more fiber. To help you meet your goals, carry a reusable water bottle, start your day with a cup of water or try adding a splash of juice to seltzer water to keep it interesting.

## Include a side salad with dinner

Adding a small side salad can help you load in the vegetables to your day. Salads are sparse in calories and packed with nutrients to give a healthy boost to any meal. Though side salads are not always high in fiber due to their small size, they can increase your overall vegetable intake to help you meet your 30-Day Fiber-Up Challenge goals.

## Snack on nuts and seeds today

Most types of nuts have between two and three grams of fiber per ounce, which is about 14 walnuts or 22 almonds. Though they are not low in calories like vegetables, they provide lasting energy from their healthy fat and protein, and make a great choice for a snack.

## Eat one serving of legumes today

Legumes are underrated, to say the least. This food group, which includes beans, lentils and peas, contains some of the most nutrient-dense, low-cost, high-fiber foods on the market. Per each half cup serving, they boast between 6 and 8 grams of fiber. Sprinkle chickpeas on your salad, use black beans as a taco filling or make a soup with lentils.

## Enjoy your smoothie with a fiber boost

Smoothies are a great way to disguise and blend a variety of sources of fiber. They are different than juices because all of the fiber-rich ingredients stay in the blender, whereas juices usually strain out solids like fiber. You can add grains (like oatmeal), vegetables (like zucchini or spinach) or seeds (like chia or flax) without even noticing.

## □ SWAP OUT ALL REFINED GRAINS FOR WHOLE GRAINS TODAY

There are a lot of perks to swapping in whole grains, besides their higher fiber content. Whole grains have more nutrients and vitamins than their refined counterparts, and the recommendation is that at least half of the grains you eat should be whole grains. They also can help keep you full for longer, as they are more complex and slow down digestion. Enjoying a quinoa bowl for lunch, swap in whole grain bread for white bread or try brown rice with a stir fry.

## □ EAT PLANT-BASED TODAY

Since meat has virtually no fiber, swapping in a plant-based alternative can boost your intake for the day. Though all are healthy options, lentils and beans have more fiber than soy products, like tofu and seitan. Also, when you are eating plant-based, you may be more likely to include other fiber-rich fruits and vegetables on the side. Swap a beef patty for a bean-based veggie burger, or chicken for tofu in a stir-fry. Try to stick to whole foods whenever possible.

## □ SNACK ON FRUITS AND VEGETABLES

Fruits and vegetables are full of water, nutrients and fiber. They make for a great whole-food snack on the go, and give endless possibilities when paired with protein. For example, enjoy cucumbers with hummus or apples with nut butter. When fruits and vegetables have edible peels, like apples and cucumbers, leave the skin on for some additional fiber. Be sure to thoroughly wash your produce before consuming.

## □ SPRINKLE SOME SEEDS INTO YOUR DAY

There are many little seeds that pack a high-fiber punch. For example, chia seeds have 4 grams per one tablespoon. Hemp seeds, which are also high in protein, boast 1 gram of fiber per three tablespoons. While also being a good source of healthy fats, flax seeds have 3 grams of fiber per tablespoon. Add them to oatmeal, smoothies, salads, yogurt and more.

