

DIETARY FIBER - BENEFITS, SOURCES AND AMOUNTS

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FIBER = the parts of plant foods that we cannot digest; several ways to classify it.

- SOLUBLE vs. INSOLUBLE
- FERMENTABLE (great for gut bacteria)
- VISCOUS (helps reduce appetite)
- RESISTANT TO DIGESTION ([RESISTANT STARCH](#))

Healthline articles to check out:

- [Why Is Fiber Good for You? The Crunchy Truth](#)
- [Top 20 Foods High in Soluble Fiber](#)
- [Good Fiber, Bad Fiber - How The Different Types Affect You](#)

Potential Benefits of Dietary Fiber:

- ❖ May help you feel full/eat less overall
- ❖ May improve blood sugar
- ❖ May improve bowel pattern*
- ❖ May improve gut health/encourage more favorable gut bacteria to thrive

**Note: Fiber does not help everyone with all of these things; some people actually have improved health when they eat less fiber. Experiment to assess your individual tolerance over time.*

STEEL CUT OATS

Nutrition Facts	
20 servings per container	
Serving Size	1/4 Cup Dry (40g)
Amount Per Serving	
Calories	140
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	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 30g	11%
Dietary Fiber 4g	14%
Soluble Fiber 1g	
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 4g	

Daily Fiber Goal:

Aim for 25 grams or more per day as tolerated.

BEST FIBER SOURCES ON LOW CARB:

- ❖ Avocados
- ❖ Berries: blackberries, raspberries, strawberries, blueberries
- ❖ Non-starchy veggies: broccoli, collard greens, fresh green beans; the more you eat, the fiber will add up!
- ❖ Legumes (add to salads or eggs; use as a side dish)
- ❖ Pasta and rice alternatives: spaghetti squash, shirataki noodles, Kaizen products
- ❖ Low carb/high-fiber tortillas
- ❖ Seeds: chia and flax seeds
- ❖ Some snack products (see page 4)

NET CARBS

Total Carbs - Fiber = NET CARBS

Net carbs helps predict the impact of a food on blood sugar.

Note: Some types of artificial sugars may also be subtracted from the total carbs to get to the net carb number.

Below is an excellent Healthline article that covers net carbs, different types of fiber, sugar alcohols and more.

[How to Calculate Net Carbs](#)

Review the chart on the following 2 pages and also click the [links](#) below for additional charts. Note the **fiber** content of each food and also the **net carbs** to help evaluate how it fits into your plan.

[FRUIT](#) [NON-STARCHY VEGGIES](#) [STARCHY FOODS](#)

FOOD	AMOUNT	CALORIES	CARBS (grams)	FIBER (grams)	NET CARB (grams)
BREAD/TORTILLAS					
bread - Ezekiel/Sprouted Grain	1 slice	80	15.0	3.0	12.0
bread - Dave's Killer Bread	1 slice	60-100	12-23	2 - 4	10-20
Bread - Nature's Own Keto	1 slice	35	10.0	9.0	1.0
bread - Whole Wheat (generic)	1 slice	90	15.4	2.2	13.2
tortilla - LaBanderita Carb Counter	1 street taco (4.5")	30	7.0	6.5	0.5
tortilla - Xtreme Wellness (Zero Net Carbs option)	1 medium tortilla	60	14.0	13.0	1.0
CEREAL					
Cheerios - Honey Nut	1 cup	130	30.0	3.0	27.0
Fiber One	2/3 cup	90	33.0	18.0	15.0
keto cereal - Catalina Crunch	1/2 cup	110	14.0	9.0	5.0
oats - steel cut	1/4 cup	152	27.1	4.0	23.0
Shredded Wheat, not frosted	1 cup	153	34.1	5.8	28.4
FRUIT					
apple	1 medium with skin	95	25.1	4.4	20.8
avocado	1/2 medium (2.5 oz.)	118	6.1	4.8	1.3
banana	1 medium	89	22.8	2.6	20.2
berries - blackberries	1 cup whole pieces	62	13.8	7.6	6.2
berries - blueberries	1 cup whole pieces	84	21.4	3.6	17.9
berries - raspberries	1 cup whole pieces	64	14.7	8.0	6.7
berries - strawberries	1 cup, halves	49	11.7	3.0	8.6
LEGUMES					
black beans	1/2 cup	120	22.4	9.0	13.4
chickpeas	1/2 cup	106	17.1	4.9	12.3
lentils	1/2 cup	115	19.9	5.8	14.1
lima beans	1/2 cup	108	19.6	6.6	13.0
peas	1/2 cup	62	11.4	3.6	7.8
pinto beans	1/2 cup	122	22.4	7.7	14.7






FOOD	AMOUNT	CALORIES	CARBS (grams)	FIBER (grams)	NET CARB (grams)
NUTS (Comparison chart here)					
almonds	12 raw almonds	86	3.2	1.8	1.3
cashews, dry roasted	10 nuts	90	5.1	0.5	4.7
PASTA/SPAGHETTI/PASTA ALTERNATIVES					
pasta/spaghetti (white)	1 cup spaghetti	221	43.2	2.5	40.7
pasta/spaghetti (whole wheat)	1 cup spaghetti	149	30.1	3.9	26.2
chickpea pasta*	1 cup pasta	185	28.3	4.5	23.7
pasta - Kaizen	1 serving (56 grams)	130	21	15	6
shirataki noodles (Miracle Noodles)	1 container (6 oz)	10	6	4	2
spaghetti squash	1 cup shredded	42	10	2.2	7.8
zucchini noodles	1 cup	15	3.0	1.0	2.0
RICE/RICE ALTERNATIVES					
rice - brown	1/2 cup	124	25.8	1.6	24.2
rice - white	1/2 cup	103	22.3	0.3	22.0
rice - wild	1/2 cup	83	17.5	1.5	16.0
rice alternative - Kaizen	1 serving (56 grams)	130	21	15	6
rice alternative - cauliflower rice	1 pouch	35	6	6	0
SEEDS					
chia seeds	1 tablespoon	49	4.2	3.4	0.8
flax seeds	1 tablespoon	56	3.0	2.9	0.2
VEGETABLES					
asparagus	5 medium spears	15	3.1	1.5	1.6
broccoli	1 cup whole pieces	34	7	3.2	3.8
Brussels sprouts	5 sprouts	38	7.5	2.7	4.7
cauliflower	1 cup, cut pieces	27	5.3	2.1	3.2
collard greens	1/2 cup cooked	31	5.4	3.8	1.6
green beans	1 cup cooked from fresh	44	9.8	4.0	5.8
snap or snow peas	1 cup, fresh	35	6.0	2.0	4.0

*Chickpea pasta has one advantage: 1 cup = 11 grams protein

PROCESSED FOODS

Keep in mind that processed foods may include some ingredients that are less favorable, and may also cause blood sugar spikes, even if they contain some protein and fiber. Use in moderation as part of a healthy diet. The following are examples of ones that tend to use higher quality and/or more favorable ingredients. Compare these items to others that you find and enjoy.

SNACK BARS





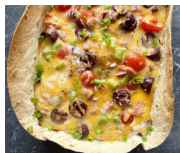
<u>IQ BARS</u>	<u>TRUBAR</u>	<u>KIND SAVORY or SEEDS, FRUITS & NUTS</u>	<u>KIND ZERO</u>	<u>PROTEIN ONE BARS</u> By Fiber One
				
<p>Per Bar: 160–190 calories 12 grams protein 9–12 grams carbs 6–9 grams fiber</p> <p>Sold at Walmart and other stores. Quality ingredients. Uses stevia to sweeten. Fiber is from tapioca and vegetables. Bonus ingredient is Lion's Mane. Many flavors to choose from online.</p>	<p>Per Bar: 190 calories 12 grams protein 22–24 grams carbs 11–13 grams fiber</p> <p>Buy online or Costco. Quality ingredients. Sweetened with cane sugar (no sugar substitutes). Fiber is from tapioca & cassava. Plant based protein. 7 flavors to choose from.</p>	<p>Per Bar: 170–200 calories 4–7 grams protein 15–22 grams carbs 3–6 grams fiber</p> <p>Buy locally or online. Check individual flavors to see how much of each macronutrient it has. Lots of flavors. Fiber comes from chicory root.</p>	<p>Per Bar: 140–150 calories 5 grams protein 14 grams carbs 6–7 grams fiber</p> <p>Buy locally or online. Sweetened with allulose; no added sugars. Fiber is from tapioca. Kind Zero comes in 3 flavors.</p>	<p>Per Bar: 90 calories 10 grams protein 11 grams carbs 5 grams fiber</p> <p>Buy locally or online. Several flavors. Fiber is from chicory root. Sweetened with sugar, stevia and erythritol. Avoid the strawberry ones (contain red dye).</p>

CRACKERS (Use [this link](#) for more examples; also compare to others you find.)*






<u>MARY'S HERB CRACKERS</u>	<u>WASA CRISPREAD</u>	<u>CRUNCHMASTER MULTI-SEED</u>	<u>ARTISAN NUT THINS</u>	<u>SIMPLE MILLS ALMOND FLOUR</u>
				
<p>Per 12 crackers: 140 calories 4 grams protein 20 grams carbs 3 grams fiber 17 grams net carbs No oil is used! 😊</p>	<p>Per slice: 40 calories 1 gram protein 9 grams carbs 2 grams fiber 7 grams net carbs No oil is used! 😊</p>	<p>Per 13 crackers: 140 calories 3 grams protein 19 grams carbs 2 grams fiber 17 grams net carbs <i>Uses safflower oil.</i></p>	<p>Per 13 crackers: 130 calories 3 grams protein 22 grams carbs 2 grams fiber 20 grams net carbs <i>Uses safflower oil.</i></p>	<p>Per 17 crackers: 150 calories 3 grams protein 18 grams carbs 2 grams fiber 16 grams net carbs <i>Uses sunflower oil.</i></p>

*Check labels to see which oils are used. Limit use of "seed oils" (soybean, sunflower, safflower, corn, canola and cottonseed).






STRATEGIES FOR GETTING MORE FIBER INTO YOUR PLAN

BLACK BEAN SALAD OVER EGGS	MADE TO ORDER OMELET	EGG SALAD AVOCADO TOAST	AVOCADO TOAST + SMOKED SALMON	BAKED EGG TORTILLA
				
HEAL RECIPES SEPTEMBER 2024 445 calories 12 grams fiber	HEAL RECIPES APRIL 2024 400 calories 4 grams fiber	HEAL RECIPES AUGUST 2024 250 calories 5 grams fiber*	HEAL RECIPES AUGUST 2024 206 calories 5 grams fiber*	HEAL RECIPES JULY 2023 415 calories 13 grams fiber

*Fiber amount will depend on which bread is used; Ezekiel/sprouted grain is a high quality option

LETTUCE TORTILLA DELI MEAT WRAP	WHITE CHICKEN CHILI	TUNA CASSEROLE W/CABBAGE + PEAS	FRESH BLACK BEAN SALAD	LENTIL LIME SALAD
				
HEAL RECIPES MARCH 2024 262 calories 2 grams fiber*	HEAL RECIPES FEBRUARY 2023 349 calories 5 grams fiber	HEAL RECIPES SEPTEMBER 2024 426 calories 5 grams fiber	HEAL RECIPES SEPTEMBER 2024 233 calories 12 grams fiber	HEAL RECIPES SEPTEMBER 2024 216 calories 7 grams fiber

*Add a low carb/high fiber tortilla to the outside; add calories and fiber amount to this total.

BEST GREEK SALAD WITH CHICKEN	CHEESY TACO SKILLET	SHREDDED BRUSSELS W/BACON	PARMESAN GARLIC GREEN BEANS	BANG BANG CAULIFLOWER
				
HEAL RECIPES JUNE 2023 548 calories 7 grams fiber	HEAL RECIPES MARCH 2023 569 calories 6 grams fiber	HEAL RECIPES MARCH 2023 118 calories 4 grams fiber	HEAL RECIPES AUGUST 2023 211 calories 5 grams fiber	HEAL RECIPES DECEMBER 2023 149 calories 4 grams fiber

SIMPLE STRATEGIES TO TRY:

- ❖ Add avocado slices to any meal.
- ❖ Add nuts, berries or small portions of fruit to Greek yogurt or salads.
- ❖ Add non-starchy veggies to casseroles, soups/stews or have as a side dish.
- ❖ Add beans/legumes to salads, soup and eggs.
- ❖ Try some meals with pasta and rice alternatives (see page 3).
- ❖ Use low-carb/high fiber tortillas for wraps, street tacos, etc. (see page 2).
- ❖ Cook and cool regular rice and potatoes to create [resistant starch](#).

CHIA SEED PUDDING

1/2 cup almond milk
2 Tbsp chia seeds
1-2 tsp allulose or stevia
A dash of cinnamon and/or vanilla extract
Stir together. Refrigerate 2 hours or overnight.
162 calories, 7 g protein, 11 g carbs, 10 g fiber, 1 g net carbs