

Fiber Sources

High fiber foods guard against PMS, obesity, cancer, diverticulosis, kidney stones, and support a healthy digestive track. Try to increase your consumption of fiber from real whole foods featured here. Fortified fiber foods offer fewer nutrients than these options. Whenever possible opt for whole foods.

Avocados 10.5 grams per cup
Asian Pears 9.9 grams per medium
Berries
Raspberries 8 grams per cup
Blackberries 7.6 grams per cup
Coconut 7.2 grams per cup

Acorn squash 9 grams per cup
Artichokes 10.3 grams of fiber per medium
Brussels sprouts 7.6 grams per cup
Okra 8.2 grams per cup
Peas 8.6 grams per cup

Black beans 12.2 grams per cup
Chickpeas 8 grams per cup
Lima beans 13.2 grams per cup
Lentils 10.4 grams per cup

Almonds 0.6 grams per 6 almonds
Walnuts 1.9 grams per 1 ounce
Flax seeds 3 grams per tablespoon
Chia seeds 5.5 grams per tablespoon
Quinoa 5 grams per cup

High fiber can help shift to more good gut bacteria and less of the unhealthy bacteria.

For women over 50 the minimum daily fiber recommended is 21 grams. Many health experts and I agree that for weight loss and weight control higher levels are desirable. The positive impact of higher fiber on blood sugar, cravings, digestion, and bloating is almost immediate.

Drink plenty of water along with fiber. Assess your current fiber intake before you set a new fiber goal. Keep a food log for three days. Use labels and Google to determine your fiber intake. Then increase by 5 grams more daily than your current average. Hold there for a week before you increase again. Work your way to a range of 35-50 grams of fiber per day. Your body will tell you if you're increasing too quickly or you are at your optimal level.

Fiber Boost is a simple way to add fiber to smoothies and soups. It's fiber from 12 different sources, with no grain, just like nature. Read More here: <http://bit.ly/2ifv7KT>