



## TOP HIGH FIBER FOODS

Making sure to eat plenty of fiber helps keep your digestive system regular. It also helps to lower cholesterol and regulates blood sugar so you stay in balance, so you can release weight more easily. Adding fiber to your diet also keeps you fuller, longer which is a key ingredient for kicking your cravings to the curb. Of course, fiber needs plenty of water so make sure to stay hydrated! Experts suggest that men aim for about 38 grams of fiber a day, and women about 25 grams. In the U.S. we only get about half of what we actually need on average; around 16 grams per day.

All foods that are white are to be avoided as they are stripped of fiber--including white rice, white bread, pastas and highly processed foods. Here are some great sources of fiber to boost your roughage:

### COMPLEX CARBS | FRUITS

- Apple with Skin (4.5 grams)
- Banana (2.7 grams)
- Blueberries (4 grams)
- Orange (3 grams)
- Pear (5.5 grams)
- Prunes (6.0 grams)
- Raspberries (8.4 grams)
- Strawberries (3.4 grams)

### COMPLEX CARBS | VEGGIES

- Artichoke (6.2 grams)
- Broccoli (5 grams)
- Brussels Sprouts (3.3 grams)
- Carrots (1.5)
- Celery (2 grams)
- English Cucumber (2 grams)
- Frozen Peas (7 grams)
- Green Beans (3.4)
- Spinach (4 grams)
- Yams (4 grams)
- Zucchini (2 grams)

### COMPLEX CARBS | GRAINS

- Black Beans (15 grams)
- Brown Rice (3.5 grams)
- Chia Seeds (10 grams)
- Ezekiel Bread (3 grams)
- Garbanzo Beans (14.7 grams)
- Lima Beans (13.2 grams)
- Oats (4 grams)
- Pinto Beans (14.7 grams)
- Pumpkin (5 grams)
- Quinoa (5 grams)
- Whole Wheat Pasta (6.3 grams)
- Whole Wheat Tortillas (3 grams)

### BALANCED MACRO MEALS

- Toni's Protein Meal Bar (17 grams)
- Toni's Protein Oatmeal (7 grams)