

FIBER FACTS & FIXES

The science, significance, & simple solutions for filling the fiber gap

FOODS

where to find it

Fiber only comes from plant-based foods.^{1,2}

Examples: whole grains, beans and legumes, fruits, seeds, and vegetables.^{1,2}

FUNCTION

why it matters

Fiber supports digestive health, weight management, and heart health.^{2,3}

FIGURES

how much you need

Recommendation: 25-38 g / day (depending on age / gender).^{4,5}

Only 8% of Americans meet recommendations.^{4,5}

FORWARD

how to get more

Start slow with simple steps to gradually increase fiber intake towards recommendations.

5 TIPS TO INCREASE DIETARY FIBER INTAKE^{6,7}

Incorporate or blend beans & lentils into your sauces or soups.

+ 13-16g fiber*



Consume whole fruit and vegetables (including skin).

+ 4-6g fiber*



Add chia seeds or granola into yogurt bowls, smoothies, or oatmeal.

+ 4-10g fiber*



Sub animal-based protein like eggs or ground beef for plant-based alternatives like tempeh or tofu.

+ 2-7g fiber*



*Total additional fiber amount dependent on actual food type and serving size.

Make easy food / ingredient swaps when possible.



white rice



brown rice/
quinoa



refined cereal



oatmeal/
granola



flour tortilla



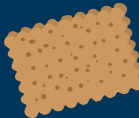
whole grain or
corn tortilla



refined crackers



whole grain
crackers



refined pasta



whole grain/
chickpea pasta



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6. Mayo Clinic Staff. (2025). High-fiber foods. Mayo Clinic. <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/high-fiber-foods/art-20050948>
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