



Fiber Berries



Photos courtesy of Pixabay

Prunes aren't the only fruit to supply fiber.

Berries are an amazing source of fiber.

- Raspberries have 8 grams of fiber per cup!
- Blueberries have 7.5 grams of fiber per cup!
- Fruits with skins or seeds are especially high in fiber

- Dried fruits and berries also are good sources of fiber.
- Use berries in sauces & dressings.
- There are many varieties of berries making it easy to add extra fiber to your diet.

Weekly Challenge:

Get in 3 servings of berries this week

GWARR Nutrition Team in Collaboration w/ UW Stout Dietetic Students
8-1-17 by Lauren Mickley



Dietary Fiber Fruit

Fruit is a great way to add fiber to your diet. Raspberries have 8 grams of fiber in a one cup serving! Black berries are close behind with 7.5 grams, followed by strawberries & blueberries. Pears are also a great source, with 5.5 grams of fiber. You can incorporate fruits by creating a puree or simply adding them to a salad or yogurt. Enjoy!



Weekly Challenge:

Choose fiber filled fruit for a snack twice this week!

Photos courtesy of Pixabay

Fiber

Beans and Legumes



*Photo courtesy
of Pixabay*

- Lentils, dried beans, and dried peas are underappreciated for how much fiber they have!
- Fiber is not lost during pureeing or cooking, so using beans for dips is the perfect way to get more fiber.
- Black beans can be substituted into baking recipes for eggs and butter, making the recipe healthier and jam packed with fiber!

Weekly Challenge:

Make a dip with beans this week, or pick up some low sodium hummus at the store!

Fiber

Whole Grains

- ❖ Whole grains are much better sources of fiber than processed white flours.
- ❖ Don't be afraid to experiment with different types of whole grains like bulgur, barley, or rye!
- ❖ If you enjoy cooking and baking, try substituting in half of the flour with whole wheat flour or add in some dry whole grain cereals for the starchy ingredients.



Photo courtesy Pixabay

Weekly Challenge:

Try a recipe or snack item that uses a whole grain!



Fiber Avocados

At 16 g of fiber per avocado, this fruit is not only versatile in its uses, but a great way to reach your daily fiber intake!



There are 4 g of fiber per serving of avocado.



Mashed, it's a great substitute for butter, full of healthy fats!



Weekly Challenge: Skip the butter at least once this week, and use avocado instead!



Dietary Fiber Veggies

Vegetables offer a wide range of fiber sources. One of my personal favorites are sweet potatoes. A one cup serving of mashed sweet potatoes has 6.5 grams of fiber.



Another simple way to increase your veggie intake is to swap out your bread with large cabbage leaves for burritos or sandwiches! Cooking veggies does not affect their fiber intake, so roast up some asparagus or broccoli for your next meal!



Weekly Challenge:

Try roasting a new veggie for dinner!

Photos courtesy of Pixabay