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EAT WELL, CARE WELL. FOCUS ON FIBER

You may have heard getting enough fiber in your diet is important, but do you know why? Fiber has many different health benefits including: lowering your risk for diabetes, help lose or maintain a healthy weight, & lower your risk of heart disease. Dietary fiber is mainly found in vegetables, fruits, beans/legumes, and whole grains, all of which help your body keep bowel movements regular. Those who tend to consume a high-fiber diet have lower rates of constipation.

Beans. Lentils, legumes and beans are a great source of fiber and can be added to many different types of meals, snack and even desserts. Not only are they high in fiber but also loaded with protein to help keep you full and your blood sugar stable.

Whole Grains. Fiber can be found in whole grains such as whole wheat bread, whole wheat pasta, brown rice, and oats. Switching out white for whole wheat is an easy way to incorporate more fiber in your diet without eliminating carbs.

Berries. Blueberries, blackberries, strawberries, and raspberries are more known for their antioxidants but are also high in fiber. Berries have a generous amount of fiber in them when fresh as well as when they are frozen, which is great for making smoothies.

Source: Everyday Health <https://www.everydayhealth.com/digestive-health/experts-why-is-fiber-important.aspx>

WEEKLY CHALLENGES

USE WHOLE GRAINS
IN YOUR BAKED
GOODS

ADD LEGUMES TO A
SOUP OR SALAD

START THE DAY OFF
WITH A HIGH-FIBER
BREAKFAST CEREAL

EAT 5 OR MORE
SERVINGS OF FRUITS
AND VEGETABLES
DAILY

DID YOU KNOW?

MOST FOODS THAT ARE
HIGH IN FIBER
GENERALLY ARE LOW
IN CALORIES, SUGAR
AND FAT.

Raspberry Banana Smoothie Bowl

Ingredients

- 1 ½ cups almond milk or milk of your choice
- 1/2 frozen or fresh banana
- 1 cup frozen or fresh raspberries (or berries of your choice)
- 1 tablespoon almond butter (or nut butter of your choice)
- 1 scoop of vanilla protein powder
- Shredded coconut (as much as desired)- optional
- Dark chocolate cereal bar, or shredded dark chocolate



Source: pixabay.com

Instructions

1. Combine milk, banana, raspberries, nut butter, and protein powder in a blender and blend until smooth.
2. Pour into a bowl and garnish with fresh raspberries. Dark chocolate, shredded coconut, and any other toppings that you have on hand!

Banana Berry Oatmeal

Ingredients

- ½ cup rolled oats
- ½ cup water
- ½ of a banana, sliced
- Dash of cinnamon
- 3-4 tablespoons milk of choice
- Top with 1 cup strawberries, raspberries, or choice of berries

Instructions

1. Mix rolled oats, cinnamon, and water and microwave for 1 minute.
2. Add in the banana and cook for another minute.
3. Stir in milk and top with berries of your choice.

Recipes adapted from: <https://truthbar.com/blogs/truth-and-health/raspberry-banana-smoothie-bowl> and <https://greatist.com/health/high-fiber-snacks#veggies>