

CREATING A HIGH FIBER DAY

Typical “Healthy” American Diet

Breakfast	Fiber
Cream of wheat, 1 cup	1.3
Raisins, 2 Tbs	0.4
Banana, small	2.0
Low fat milk, ½ cup	0
Orange juice, 6oz	0
Mid AM snack	
Rice cakes with jam, 2	0
Lunch	
Turkey, 3 oz	0
Whole wheat bread, 2	4.0
1 Tbs low fat mayo	0
Lettuce, 1 leaf	0.2
Tomato, 1 slice	0.2
Pretzels, 1 oz	0.5
PM Snack	
Grapes, 15 small	0.5
Cheese, 1 oz	0
Dinner	
5-6 oz fish	0
White rice, ½ cup	0.8
Broccoli, ½ cup	2.2
Snack	
Frozen yogurt, ½ cup	0

TOTAL FIBER 12.3

Nourishing Guru Upgrade

Breakfast	Fiber
2 Tbs chia seeds	7.0
½ cup berries	3.0
Almond milk, ¾ cup	0
Cinnamon/vanilla	
Mid AM snack	
One-ounce pistachio nuts	3.0
Lunch	
Turkey, 2-3 oz	0
1 slice Ezekiel bread	2
Avocado, ¼	3.4
Lettuce and tomato	1.5
Snap peas, 1 cup	2.0
PM Snack	
Celery, 2 stalks	.2
Almond butter, 1 Tbs	.6
Dinner	
5-6 oz fish	0
Quinoa, ½ cup	2.6
Broccoli, 1.5 cups	6.5
Snack	
Apple, 1 small	2.8
Dark chocolate, 1 oz	3.5

TOTAL FIBER 38.0

