



Q1 2021


18g FIBER PER SERVING
0g ADDED SUGAR
GET REAL FIBER FROM FOOD








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Are You Getting Enough Fiber?

If not, here's what you should eat and why

by General Mills Fiber One (Paid Content)



SHUTTERSTOCK

If you've become a little lax about healthy eating over the past few months, you're not alone. The New Year is a perfect time to get back to enjoying more nutritious food. And, if eating healthier is one of your 2021 resolutions, boosting your fiber intake should be on top of your list of changes to make.


Fiber is not only essential to gut and digestive well-being, but it may also help reduce the risk of obesity, heart disease, and diabetes. Yet, most of us fall far short of the recommended daily amount of fiber – 21 grams for women over 50 and 30 grams for men.

Real food, rather than a supplement, is the best source of fiber. That's because food that's rich in fiber is also loaded with other beneficial nutrients. Incorporate high-fiber food from the five categories below into your meals and snacks, and you'll easily hit your fiber target.

Beans

Beans, along with their fellow legumes like lentils and split peas, are nutritional powerhouses. A half-cup of black, pinto, or navy beans has over 8 grams of protein and 8 grams of fiber. Most of the hundreds of other types of beans (yes, there really are that many!) have similar nutritional profiles.

Beans can be used as the main ingredient in soups or stews, pureed in spreads or dips, added to salads, or swapped for some of the meat in chili, burgers, and meatloaf. Beans make a hearty filling for tacos or wraps, and a satisfying plant-based meal served with rice, pasta, or a bowl of greens. For a crunchy, healthy snack, try roasting chickpeas and topping them with your favorite seasonings.



SHUTTERSTOCK

Fresh Fruits and Vegetables

The American Heart Association recommends eating 4 servings of fruit and 5 servings of vegetables a day. Hit that mark, and you're also likely to get the recommended amount of fiber too. The trick is to make fruits and vegetables part of every meal and snack.

Here's an example of a high-fiber day:

- 1/2 cup of raspberries on your breakfast cereal (4 grams)
- An apple with skin as part of a late-morning snack (4 grams)
- A steamed artichoke for lunch (8.2 grams)
- 1/2 cup of baby peas (4 grams) and tangerine slices (2 grams) on 2 cups of spinach (3.2 grams) for your dinner salad
- A baked sweet potato (3 grams) as a dinner side
- A pear (6 grams) instead of sweets for dessert.

Fiber Total: 32.4 grams

Nuts and Seeds

They may be small, but nuts and seeds are packed with flavor as well as fiber. (They're packed with calories, too, so use sparingly.) Sprinkle almonds or pistachio nuts, pumpkin, sunflower, or sesame seeds on cereal, yogurt, or a salad. Flaxseed is a real fiber star with almost 3 grams in a tablespoon. Try adding a spoonful or so to a smoothie.

GENERAL MILLS


Whole-Grain Fiber-Rich Cereal

One of the easiest ways to make sure you get enough fiber is to start your day with a bowl of whole-grain cereal. A serving of Fiber One™ Original Cereal, for example, has a full 10 grams of fiber and more than 1/2 of your daily fiber requirement.

A healthier lifestyle starts with eating well and exercising regularly. Getting enough fiber is a cinch. You don't have to forgo real food or good taste, and you just might discover some new foods you love.

Click here to discover the full line of Fiber One™ cereals.

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