The Power of Fiber



For the past several years, we've all been hearing so much about the benefits of protein. But the truth is, most Americans are already getting enough protein in their diets. We are not, however, typically getting enough fiber in our diets. By adding ingredients like beans, whole grains, fruits, vegetables, nuts, and seeds to the meals you already enjoy, you can boost fiber without overthinking it—and support better digestion, steady energy, and more satisfying meals along the way.

Before we dig into our tips for upping your fiber, it helps to know that not all fiber works the same way. **Soluble fiber**—found in foods like oats, beans, and apples—helps slow digestion and supports balanced blood sugar. **Insoluble fiber** comes from whole grains, vegetables, and the skins of produce, and helps keep things moving through your digestive system. Get a mix of both by using the ideas below!

Easy Fiber "Power Ups"

As we mentioned above, Power Ups are one super simple way to increase fiber in your favorite meals.

Add beans or lentils to soups, salads, or quesadillas *(6-8g fiber per ½ cup)*

Stir chia seeds or flax meal into yogurt, oatmeal, or smoothies *(3–5g fiber per TBSP)*

Swap out white pasta or rice for legume pasta, brown rice, quinoa, farro, or lentils *(2-6g fiber per serving)*

Add frozen veggies like peas, artichoke hearts, and okra to favorites like mac & cheese or omelets *(3-10g per cup)*

Eat the skins of your potatoes, apples, and cucumbers *(2-3g fiber per serving)*

Pantry Staples = Fiber Wins

Shop your pantry or freezer to build high-fiber meals anytime — without breaking the bank.

- Beans and lentils
- Whole grains (oats, brown rice, quinoa)
- Canned tomatoes
- Frozen vegetables
- Nuts and seeds

These ingredients make it easy to **Fiber at Every Meal.**

Here's what a fiber-filled day can look like:

Breakfast: Oatmeal with ½ cup raspberries, 1 TBSP chia seeds, and 1 TBSP almond butter (21g fiber)

Lunch: Buddha bowl with 1 cup cooked quinoa, 1 cup roasted artichoke hearts, ½ cup chickpeas, and 1 cup baby spinach — and don't forget the sauce! (13g fiber)

- **Snack: Apple with 1 TBSP peanut butter (6g fiber) or ¼ cup hummus with carrots (7g fiber)**

Dinner: French Lentil Soup (26g fiber) or Curried Vegetable Chili (20g fiber)

The 30g Fiber Challenge

Most adults need about 25–30 grams of fiber per day, but many of us aren't hitting these numbers.

This week, try hitting that target using some of the ideas above. One word of caution: If you normally don't get much fiber in your diet, add fiber-rich foods slowly. Fiber can cause digestive discomfort if you're not used to it.

Start small and build from there. Your gut will be happy, and you may even notice some other health upgrades as well.

Thanks to our friends at Monge for this information.