

# the better nutrition fiber evaluation

thing your floor?

#### Filling up, better, with fiber?

Fiber is important, we know that, but how much, what kinds, how often do we need fiber? In this evaluation, you will assess if you are getting enough and better kinds of fiber so that you can get its benefits like helping you feel satisfied (which is better than feeling full :), enabling weight management, better heart health, better digestion and elimination, better blood sugar management, and many more benefits. According to the Institute of Medicine, men should get at least 38 grams of fiber daily and women a minimum of 25 grams per day.

Fiber comes in many plant forms including the skins and flesh of vegetables and fruit, as well as when eating whole grains, legumes, nuts and seeds. Where its not found is in refined grains as refined means that processing has removed the fiber, and likewise protein isolates and some protein concentrates will remove the fiber. But before you pick up a fiber supplement to help you meet your needs let's assess your current nutrition to see what better fiber choices you are already making more often, keep what's already better, and get ideas for how to act better, not perfect, more often.

#### **Section A:**

Which of these foods are a part of your routine, and how often?	Daily I	Weekly	Never
Beans like lentils, split peas, black, pinto, navy, soybean/tempeh, lima or garbanzo/chickpeas?			
Whole grains like oats, wheat, rice, millet, quinoa, barley and/or amaranth?			
Flour or products with flour as an ingredient(s)?			
Nuts like almonds, walnuts, pistachios, or hazelnuts?			
Seeds like flax, chia, sunflower, sesame and/or hemp?			
Non-starchy vegetables like mustard greens, collards, turnip and/or beet greens, Brussels sprouts, broccoli, green beans, cabbage, cauliflower, or spinach?			
Starchy vegetables like potatoes, sweet potatoes, winter squash, beets, peas and/or corn?			
Berries like raspberries, strawberries, blueberries, and/or blackberries?			
Other fruits like avocado, pears, apples, kiwi, and/or oranges?			
Uncooked oats (overnight oats or energy balls), Jerusalem artichoke, chicory, green banana, cooked then cooled pasta, or unmodified potato starch?			
Do you add spices to your foods and beverages like cinnamon, rosemary, oregano, coriander, fennel and/or caraway seeds?			
Do you take a fiber supplement?			
Does your packaged foods state that it has "added fiber" is "high in fiber" and/or is a "good source of fiber?"			

#### **Section B**:

How much fiber are you getting in a day?			1 serving   > 1 serving   < 1 serving			
	Beans like lentils, split peas, black beans, or chickpeas? [1 serving is about ½ cup]					
	Whole grains like oats, quinoa, barley, brown rice, amaranth or whole grain flour [1 serving is about ½ cup]	s?				
	Nuts like almonds, walnuts, pistachios, or hazelnuts? [1 serving is about ¾ cup]					
	Seeds like flax, chia, sunflower, se <mark>sa</mark> me or hemp? [1 serving is about ½ cup]					
	Non-starchy vegetables like Brussels sprouts, broccoli, cauliflower? [2 cups Brussels, or 3 cups <mark>bro</mark> ccoli or cauliflower]]					
	Starchy vegetables like sweet potatoes, peas, and beets? [1 serving is 1 cup sweet potato with skin, 1 cup peas, or 2 cups beets]					
	Berries like raspberries, strawberries, blueberries, or blackberries? [1 serving is 1 cup raspberries/blackberries, or 2 cups strawberries/blueberries]					
	Fruits like pears, apples, oranges, avocado, or kiwis? [1 serving is ½ avocado, 1 pear, 2 apples/oranges, or 3 kiwis]					
	Spices like cloves, chili powder, curry, cinnamon, fennel, and caraway seeds? [1 serving is about 3 Tbsp]					
	A fiber supplement? [1 serving is about 7 grams, check label]					
	A prebiotic fiber supplement or foods? [1 serving is about 4 grams prebiotic fiber, check label]					

On a routine day, about how many grams of fiber are you getting \_\_\_\_\_?

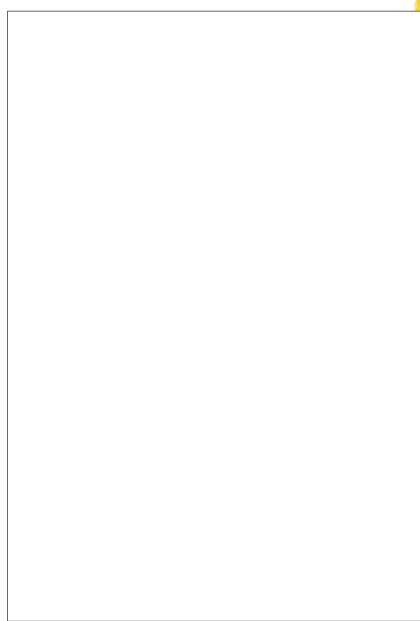
Give yourself a +7 for each box where you checked one serving, and a +14 for each box where you checked more than one serving. For prebiotic fiber, add +4 \_\_\_\_\_ grams

### Section C:

	YES   NO	
	Are you still hungry or tired after eating a meal?	
3	Do you have digestive complaints such as bloating, constipation, loose stools?	
	Are you overweight or overfat (but a healthy weight)?	
	Do you have high LDL cholesterol or elevated triglycerides?	
	Do you have high blood pressure or family history of heart disease?	
	Do you have or have had or have a family history or cancers (especially breast, colon, prostate)	
	Do you struggle to maintain balanced blood sugar levels, have pre-diabetes, diabetes, PCOS or insulin resistance?	

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### **NOTES:**



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