

# 30 Day Fiber Challenge



Fiber is a type of carbohydrate that can help keep our digestion, weight, cholesterol and blood sugar regulated.

Complete this 30-Day Fiber Challenge to supercharge your health and develop lasting good habits.



## Check off all the days you were able to complete.

Click the squares on the left side of each day or print this out and fill them in by hand.

1



Cereal for breakfast is a great high-fiber meal to start your day! But not all cereals are created equal. [Build a better-for-you bowl of cereal here.](#)

2



Why is fiber so healthy? What should I consider when increasing fiber in my diet? Find these answers and more with these [frequently asked questions](#) about fiber.

3



Bread is an excellent source of fiber. Different types of bread have different health benefits and fiber content. Aim for at least 3 grams of fiber per slice. [Learn more here!](#)

4



While increasing your fiber is a great way to improve your diet, moderation is key. Too much fiber too quickly could lead to indigestion, bloating, constipation and discomfort. Up your fiber intake gradually, adding just a little more every day.

5

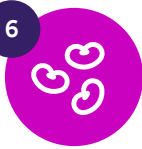


With leafy greens, vegetables and fruits, salads are a fiber powerhouse. Here's [how to build a more balanced and satisfying salad.](#)

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6



Beans can have as much as 16 grams of fiber per serving. Use this [guide to beans](#) to learn about your favorite varieties and tips to prepare them.

7



A cousin to beans, nuts also pack a powerful nutritional punch. Just one cup of almonds has 9 grams of fiber. [Learn all about nuts here.](#)

8



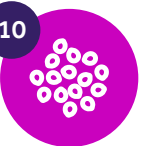
Do you have a favorite meal that you wish was just a tad bit healthier? Here are [3 common recipes reimaged](#) for more nutrition. Each has at least 8 grams of fiber per serving.

9



Next time you're craving a snack, reach for one of these five high-fiber superfoods: blueberries, avocados, popcorn, oranges or hummus.

10



Superfoods like quinoa have tons of nutrition! Quinoa not only packs protein, vitamins, minerals and healthy fats, it's also a great source of fiber. Just one serving of cooked quinoa has more than 5 grams of fiber!

11



When you add more fiber to your diet, it's important to balance it with more water. Water helps fiber move more swiftly through your digestive system. [Here's how to drink more water.](#)

12



So, what amount of fiber is considered "high" or beneficial? According to the American Diabetes Association, foods with at least 3 grams of fiber are a good source. Foods with 5 or more grams of fiber are "high" fiber.

13



There are two main types of fiber: soluble and insoluble. Soluble fiber can dissolve easily in water. Insoluble fiber does not dissolve in water, making you feel full longer. Foods with soluble fiber include avocados, sweet potatoes and oranges. Foods with insoluble fiber include apples, quinoa and almonds.

14



Dark leafy greens are packed with fiber. Leafy greens with the most fiber include kale, spinach and collard greens.

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15



MYTH: Cooking or dehydrating food destroys or removes fiber. Fiber actually remains intact when food is cooked or dried. So get cooking!

16



We've all heard "An apple a day keeps the doctor away"—but how? Apples are a great source of insoluble fiber, which helps you feel fuller longer. This can help you maintain your blood sugar levels and manage your weight.

17



Insoluble fiber bulks up waste in your intestines. This helps waste pass more smoothly. This can help prevent constipation, discomfort and even hemorrhoids.

18



You don't have to give up pasta to eat more fiber. Whole wheat pasta is a great source of fiber. Check out this whole wheat [pasta with ricotta and mushrooms recipe](#).

19



The average person takes in less than the daily recommended amount of fiber. It's recommended that women get at least 25 grams of fiber per day. Men should get at least 38 grams per day. Most people consume only 15 grams per day.

20



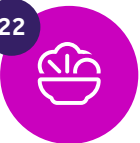
Protein and nutrition bars can be a nutritious snack when you don't have time to prepare something yourself. Some bars are known for their fiber and protein content. But there are certain things to look out for when picking the right nutrition bar. Get savvy about your nutrition bar with [this article](#).

21



Chickpeas are a fiber superfood! Try this delicious, fiberful [chickpea recipe](#).

22



You can only get fiber from plant-based foods. You don't have to completely give up meat, but it's important to get enough fruits and vegetables in your diet. [Use this article](#) to help you shift to a more plant-based diet.

23



A balanced diet that is high in fiber can reduce the risk of developing metabolic syndrome. If you already have metabolic syndrome, more fiber can help you improve your metabolic health. [Learn more about metabolic syndrome](#) and ways to manage it here.

# 30 Day Fiber Challenge



24



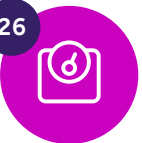
Did you know that doubling your fiber intake can reduce your risk of developing colon cancer by as much as 40%? That's because fiber rich foods help move waste through your digestive system more swiftly.

25



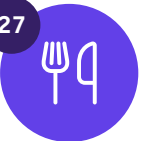
Fiber can help people manage their type 2 diabetes by helping keep blood sugar stable. Because the body doesn't absorb fiber like sugars and carbohydrates, it doesn't cause your blood sugar to spike.

26



How can a fiber-rich diet help you lose weight? Insoluble fiber expands in your body and makes you feel full quickly. This can make eating less much easier.

27



Adding more fiber to your diet doesn't mean you need to replace everything in your pantry. You most likely already have many high-fiber foods already. [Here's a guide](#) to finding high-fiber foods you may already have!

28



Fiber can help lower LDL cholesterol, or "bad" cholesterol. This can help you reduce your risk of developing heart disease.

29



The gut has been called "the second brain" because your gut health can influence so much of your overall health. Fiber can help you maintain a healthy gut because it feeds the good bacteria in your intestines and helps remove toxic waste from your body faster. [Here's more about why gut health is so important](#) to your well-being.

30



Congratulations! You've completed the challenge. Celebrate with a delicious fiber-filled snack. Keep up the good work and come back to this challenge for more reminders and ideas.



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