



Fill Up on Fiber for Satiety and Weight Loss

A new research study suggests that eating more fiber may be a simple change that can help promote weight loss. High fiber foods keep you full and can displace healthier foods in your diet. Increasing fiber intake is a simple technique that focuses on what TO eat rather than what NOT to eat.

Try these high fiber foods to consume approximately 30 grams of fiber per day:

1. **Fruits:** All fruits have some fiber, but some have more than others. Berries and apples are on the higher side, while melons and grapes have less. Try choosing at least one serving of the higher fiber fruits per day.
2. **Vegetables (non-starchy)** are high in fiber and water, so they fill you up. Artichokes, broccoli, Brussels sprouts are particularly high in fiber.
3. **Whole Grains and Beans:** These foods contain fiber and therefore are more filling than their white counterparts, such as white rice, white pasta, and white bread.
4. **Nuts** contain fiber, healthy fat and protein. Almonds, walnuts, and peanuts contain more fiber than some of the other varieties. Enjoy as a snack!
5. **Seeds:** The highest fiber seeds are chia and ground flax. These can be added to oatmeal, yogurt or even sprinkled on a salad!

How to Consume 30 grams of Fiber per day?

1. **Fruits:** Choose 2 servings per day.
1 serving = 1 cup fruit (ex: berries, melon)
1 medium fruit (ex: apple, orange, pear)
2. **Vegetables (non-starchy):** Choose 3 servings per day.
1 serving = 1 cup broccoli, brussels sprouts, carrots, zucchini, etc.
2 cups lettuce (ex: spinach and leafy greens)
3. **Whole grains and Beans:** Choose 3 servings per day.
1 serving = 1 slice whole wheat or whole grain bread
1/2 cup brown rice, quinoa, farro, or whole wheat pasta
1/2 cup oatmeal (dry) or whole grain cereal
1/2 cup beans (kidney, chickpeas, pinto, black, lentil)
4. **Nuts:** Choose 1 serving per day
1 serving = 10 nuts (almonds, walnuts, etc.) or 1 Tbsp. nut butter
(note: if you have a nut allergy, replace nuts with 1/2 seed serving).
5. **Seeds:** Choose 1 serving per day.
1 serving = 1 Tbsp. chia seed or 2 Tbsp. ground flaxseed
2 Tbsp. sunflower or pumpkin seed

Be part of a Nutrition Counseling research study! Is your weight more than expected for your height and age? Are you between 13-17 years of age? Do you want to lose weight and learn how to eat healthier? Contact Vanessa Wissing at 718-920-7394 or vwissing@montefiore.org

Ask Endo-Nutrition

Send your questions to alkaplan@montefiore.org and look out for answers in next months issue!



High Fiber Breakfast

Enjoy this high fiber breakfast with a whopping 16.5 grams of fiber! This breakfast also contains protein and healthy fat, which is the perfect combination to give you energy and keep you full throughout your morning!

Instructions:

Prepare 1/2 cup dry Quaker Oats, Old Fashioned with water. Stir in—
1 Tbsp. Chia seed,
10 Almonds, and
3/4 cup raspberries.
Sweeten with cinnamon!

Our Nutritionists

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