



FIBER MADE SIMPLE!

Your Guide to Fiber for Busy People (That's You!)

BY: POWER PLANT GYM

FIBER IS KEY

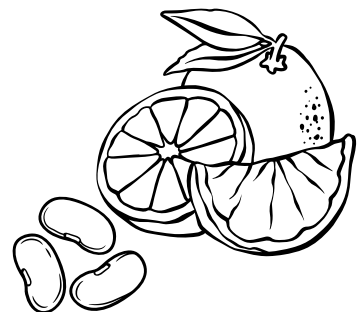
Most of us aren't getting enough fiber. In fact, only about 5% of people in the US meet the daily fiber recommendations!

Women should be getting 25 grams per day, and men need about 30-38 grams per day.

Fiber is most famous for helping you poop regularly, but it does so much more! Fiber helps support healthy blood sugar levels. It can also help lower your cholesterol. Fiber helps you feel full, so it can help prevent overeating and help your meals to feel more satisfying.

Tracking everything you eat can be challenging to maintain, especially when you're busy. A simple strategy to ensuring you're getting a good amount of fiber is to include at least one high fiber food in every meal. So where can you find some fiber?

- **Vegetables**
- **Fruit**
- **Beans**
- **Whole grains**
- **Nuts and seeds**



How can I know I'm getting enough without tracking?

- A fist size serving of veggies has about 3-5 grams of fiber
- A cup of raw leafy greens has about 1-2 grams of fiber
- 1 cupped hand size portion of legumes or whole grains has about 5-10 grams of fiber
 - This includes lentils, beans, quinoa, and brown rice
- A thumb sized portion of nuts/seeds has 2-3 grams of fiber

Pro tips:

- Get some fiber at every meal. It will be easier to hit your fiber goals if you get a bit at every meal. Plus, it makes it easier for your body to use the fiber if it is spread out during the day instead of all at once.
- Combine fiber with protein and fats for meals that are satisfying and maximize your nutrition.
- If you get one fiber rich food at every meal, that will get you most of the way towards the daily recommendation. If you can, add a second fiber rich food. Add some nuts to a salad for delicious crunch and some added fiber. Have a side of brown rice or some beans to increase your fiber intake.
- If you haven't been eating much fiber, increase your daily intake gradually to avoid stomach upset.
- Stay hydrated! You need plenty of water for fiber to do its job effectively.



ABOUT US

Power Plant Gym is a strength and fitness community based in Aston, PA (just south of Philly in Delaware County, aka “Delco”).

We specialize in helping unique people build strength and confidence in a supportive community. That community exists in person - at our gym in Aston - and online through our remote coaching options.

We work with a variety of individuals, but most of our members fall into one (or both) of two groups:

1. Busy adults who like to learn and want to build strength and improve their overall health and fitness.
2. Strongman and powerlifting athletes who want to get stronger and compete in their sport.

If you fall into one of these groups - we’ve got you covered!

LEARN MORE

- You can learn more about us on our website: thepowerplantgym.com
- For more info about improving your health and fitness, check out our blog: thepowerplantgym.com/blog
- The best place to keep up with us and see what our members are up to is on Instagram. You can find us at [@powerplantstrength](https://www.instagram.com/powerplantstrength).

We would really love to chat with you in real life though!

We want to hear your story and know how we can help you better. So, tell us what you think!

You can set up a free call - called a No Sweat Intro - by booking online at thepowerplantgym.com/free-intro, or shooting us an email at info@thepowerplantgym.com. We'll talk about you, your experience, your goals, your thoughts on Philly sports, cats vs dogs, and whatever else you want to discuss. Then we'll make a plan to help you get where you want to go.



GET STRONG.
HAVE FUN.
BE YOU!

Power Plant Gym

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