

Fueling Your Body for Better Health

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Introduction



- Rethinking nutrition for lasting energy, gut health, and disease prevention

About me

- Mom
- Dietitian
- Personal Trainer
- Marathon
- Ironman Triathlon x 5
- Hobbies: gardening, sour dough, biking, hiking, scrapbooking, boating, XC skiing



Objectives

- How to eat better for your health with a focus on fiber, real food, and practical changes for busy professionals
- Identify the key health benefits associated with a high fiber diet
- Understand the daily recommendation of fiber intake
- Apply simple fiber swaps to improve daily fiber consumption

We are all busy, we skip meals, grab snacks from vending machines, and rely on caffeine to get us through the day

What are bodies are craving isn't coffee/protein bars, etc....**it's fiber, hydration, and balance!**



Nutrition Hype vs. Health Reality

- Nutrition and health can be complicated
- Everywhere you look- protein shakes, keto snacks, collagen bars.
- Protein is king!
- But is it really?
- The Average American is NOT deficient in protein. The RDA for protein is 46 grams for women and 56 grams for men.
- 96% of Americans ARE deficient in fiber

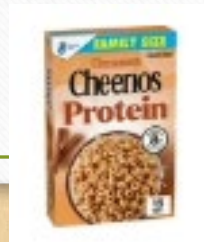
What the Evidence Says



- A Harvard Health meta-analysis study found that those people with a high fiber diet had a 30% lower risk of mortality from CVD, developing DM or colon cancer
- According to Scientific American, for every additional 10 grams of fiber intake, there was a 10% lower risk of all-cause mortality.

Protein and Processed Food Overload

- Protein bars, health shakes, protein bread, etc. are marketed as “health foods.”
- Excess protein (especially from processed foods) replaces whole foods, therefore fiber
- It can create an imbalance of vitamins, minerals, and fiber
- These ultra processed foods are loaded with added sugar, artificial sweeteners, emulsifiers, preservatives, sodium, artificial flavors, etc.



Why is Fiber the Unsung Hero?

- Help with digestion, supports gut health
- Lower cholesterol
- Lower blood pressure
- Can help control weight
- Make you feel full
- Help regulate blood sugar
- Great sources of B vitamins
- Contains essential minerals
- May help you live longer

Remember, for every 10 grams of fiber, the risk of heart disease drops by 10%.

Quiz

- What is the average daily fiber intake of American adults?

- a) 5 grams
- ☒ b) 15 grams
- c) 25 grams
- d) 50 grams

According to National Health and Nutrition Examination Survey (NHANES)

Fiber Recommendations

25-40 grams per day



The Fiber Gap

What is fiber:

- Type of carbohydrate that is found only in plants
- Indigestible carbohydrate that passes through the digestive system without being broken down into glucose



The Fiber Gap

Insoluble Fiber

- Passes through the gut quickly
- Prevents constipation
- Prevents gut infections

Soluble Fiber

- Sponge in the gut
- Binds with cholesterol
- Slows down digestion

The Fiber Gap

Insoluble Fiber

- Fruit with skins
- Raw Vegetables
- Nuts
- Legumes
- Brown Rice
- Whole Grain Flour



Soluble Fiber

- Oats
- Peas
- Beans
- Apples
- Citrus fruits
- Carrots
- Barley
- Potatoes



Sample High Fiber Menu

Breakfast	Snack	Lunch	Snack	Dinner
Overnight oats -oats -chia seed -milk -berries	Apple + Peanut butter	Grain bowl -Quinoa -Black beans -Roasted Vegetables -Sauce	Air-popped popcorn + Pear	Tacos with pinto beans Guacamole + chips
10 grams	5 grams	15 grams	8 grams	13 grams

Total: 51 grams of fiber

Simple Fiber Swaps

English Muffin



Thomas Original English Muffin

Total Fiber (1 English Muffin) = 1 gram

VS.



Ezekiel English Muffin

Total Fiber (1 English muffin) = 6 grams

Condiments



Sour Cream

Total Fiber (2T) = 0 grams



Guacamole

Total Fiber (2T) = 1 gram



Avocado

Total Fiber (2 T) = 1.5 grams

Fruit



Banana

Total Fiber (1 medium) = 3 grams



Blueberries

Total Fiber (1 cup) = 4 grams



Raspberries/Blackberries

Total Fiber (1 cup) = 8 grams

Pasta



Linguine Pasta

Total Fiber (2 oz.) = 3 grams



Whole Wheat Linguine Pasta

Total Fiber (2 oz.) = 7 grams



Edamame & Mung Bean Pasta

Total Fiber (2 oz.) = 14 grams

Crackers



Ritz Crackers

**Total Fiber (5 crackers) =
0 grams**



Wheat Thins

**Total Fiber (16 crackers) =
3 grams**



Triscuit

**Total Fiber (6 crackers) = 3
grams**



Crunchmaster

**Total Fiber (14 crackers) =
2 grams**



Wasa Crispbread

**Total Fiber (1 cracker) =
3 grams**



Mary's Gone Crackers

**Total Fiber (12 crackers) =
3 grams**



Breakfast Swap Ideas

Instead of:

- Cereal or Protein Bar
- Toast w/butter or bagel with cream cheese
- Fruit Smoothie

Try:

- Oatmeal topped with fruit and chia seeds
- Whole grain or sprouted grain toast with avocado
- Smoothie w/spinach, chia/flax seeds or oats, and fruit

Lunch Swap Ideas

Instead of:

- Sandwich or Wrap
- Side of chips
- Plain Salad



Try:

- Use whole-grain bread or tortilla, add avocado, sprouts, tomato, etc.
- Air popped popcorn, carrots, apple slices
- Salad with beans, lentils, farro, or quinoa





Dinner Swap Ideas



Instead of:

- White Rice
- Pasta
- Mashed potatoes

Try:

- Farro, barley, quinoa
- Chickpea, lentil, edamame pasta
- Mashed cauliflower or lentils



Snack Swap Ideas



Instead of:

- Crackers/Chips
- Granola bar
- Mashed potatoes

Try:

- Roasted chickpeas, edamame or popcorn
- Fruit + handful of nuts
- Mashed cauliflower or lentils

Relevance for the Working Professional

- Fiber helps with fullness and moderates blood sugar swings
- Fiber can help eliminate energy crashes
- Not only about long term health, but feeling better today!



Wrap up



- When we think about fueling for better help, stop chasing the next supplement, diet, or food product
 - Focus on real food
 - Every time you chose a fiber rich food, you're fueling your energy, focus, and long-term health
- You do not have to be perfect, just start with one simple swap, one extra serving of plants, or one better choice next time
 - Small changes add up

Conclusion

The Evidence is Clear:

High-fiber, whole-food diets lower the risk of:

- Heart Disease
- Type 2 Diabetes
- Certain Cancers
- Premature mortality

The Everyday Benefit:

Fiber and whole foods support:

- Steady energy and focus
- Better digestion and gut health
- Fullness and satisfaction
- Long term wellness

Simple Swaps. Real Food. Lifelong impact.

Questions?

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