



LifestyleMatters™

Power on Your Plate

1. Eat plant foods high in fiber:

Eat at least 30-50 grams of dietary fiber each day.

Whole grains 1 c	4 - 6 grams	Eat at least 3-6 servings of whole grains each day. Choose whole-grain breads with at least 2 grams of dietary fiber per slice. Choose whole-grain cereals with at least 3-5 grams of dietary fiber per serving (brown rice, *barley, *oats, bulgur wheat, millet, wheat berries, whole-grain pasta, whole-grain couscous, 7-, 9-, 12-grain cereal, kamut, quinoa).
Raw vegetables 2 c Cooked vegetables 1c	4 - 9 grams	Eat at least 3-5 servings of vegetables each day (broccoli, Brussels sprouts, spinach, carrots, greens, green beans, squash, asparagus, zucchini, beets, cabbage, cauliflower, celery, corn, eggplant, parsnips, peppers).
Fruits 1 c /1 lg piece	4 -10 grams	Eat at least 3-5 servings of fruits each day (all fresh, frozen, or canned in juice or light syrup). Juice does not have fiber.
*Beans 1 c	10 -16 grams	Eat beans often (white, kidney, navy, pinto, lentils, limas, split peas, black, black-eyed peas, garbanzos, chickpeas, soybeans).
Nuts & Seeds 2 Tbsp	2 - 4 grams	Eat a serving a day (walnuts, pecans, almonds, Brazil nuts, sesame seeds, sunflower seeds, flax).

Breakfast	Fiber
Cereal (2 servings)	6
Toast (1-2 slices)	4
Fruit	8
	18

Lunch	Fiber
Sandwich on WW bread	4
Raw vegetables and/or fruit	8
	12-20

Dinner	Fiber
Beans	16
Potato/rice or pasta	5
Cooked vegetable	8
	29

Total: 59-67

**High in soluble fiber to help control blood sugar and reduce blood cholesterol.*

2. Drink water.

3. Get adequate rest.

4. Go for a walk – exercise.

SS-Handout 2