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YOUR COACH'S PLAN · FREE WITH THE ARTICLE

The Fiber Plan

For anyone with sluggish digestion or a cholesterol number that crept up, who suspects their diet is short on fiber. Every line restates a claim verified against Tier-1 sources. Food comes first.

✓ CHECKED AGAINST HARVARD HEALTH · MAYO CLINIC

1
Most people get half
Harvard: the average American adult eats 10 to 15 grams of fiber a day, against 25 grams for women and 38 for men under 50.

2
Soluble fiber helps cholesterol
Mayo Clinic: 5 to 10 grams or more of soluble fiber a day can lower LDL, the harmful cholesterol, and helps steady blood sugar.

3
Ramp up slowly
Harvard: add fiber gradually and drink more water, or you trade one gut complaint for bloating and gas.

1. Work out your daily target

The number most people are missing by half.

WHY THIS WORKS

Harvard cites 25 grams a day for women and 38 for men under 50, and 21 and 30 grams for women and men over 50. Since the average intake is 10 to 15 grams, there is real room to close.

SOURCE: HARVARD HEALTH

DO THIS WEEK

☐ Write your target where you plan meals
☐ Note that you are likely starting around 10 to 15 grams
☐ Aim to close the gap with food first

2. Build it from whole food

Whole foods beat supplements, per Harvard.

WHY THIS WORKS

Harvard is clear that it is better to get fiber from whole foods, which also deliver vitamins, minerals, and both soluble and insoluble fiber. Cereals with 6 or more grams per serving and whole grain listed first are easy wins.

SOURCE: HARVARD HEALTH

DO THIS WEEK

☐ Start the day with oats or a high-fiber cereal
☐ Add beans or lentils to soups and salads
☐ Keep the skins on fruit and potatoes

3. Go slow and drink water

Too much too fast is the classic mistake.

WHY THIS WORKS

Harvard advises adding fiber gradually to give your gut time to adapt, and increasing water as you do. People with digestive problems like constipation should check with a physician before a big increase.

SOURCE: HARVARD HEALTH

DO THIS WEEK

☐ Increase fiber over two to three weeks, not overnight
☐ Add a glass of water with each fiber boost
☐ Check with your doctor first if you have a digestive condition

4. Top up the gap with gentle soluble fiber

Only for the grams your plate keeps missing.

WHY THIS WORKS

Mayo Clinic reports 5 to 10 grams or more of soluble fiber a day can lower LDL cholesterol and helps steady blood sugar. A well-tolerated soluble powder fills the daily gap without the bloating that makes people quit the harsh ones.

SOURCE: MAYO CLINIC

DO THIS WEEK

☐ Use it on the days food lands short of your target
☐ Pick a well-tolerated soluble blend, not a harsh bulk powder
☐ Keep it as an add-on to food, never a replacement

EVERY CLAIM ABOVE, TRACED TO ITS SOURCE

Harvard Health, Should I be eating more fiber? · https://www.health.harvard.edu/blog/should-i-be-eating-more-fiber-2019022115927
Mayo Clinic, Dietary fiber: Essential for a healthy diet · https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/fiber/art-20043983

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