

# Power Plate



# Fill up on Fiber

Fiber helps us feel fuller on fewer calories and rids our system of excess toxins and hormones. Without adequate fiber, hormones and other chemicals are continuously reabsorbed back into the bloodstream, staying in the body longer than they should.

Fiber comes in two forms: soluble and insoluble. *Soluble fiber*, found in oats, barley, and legumes, dissolves in water (think of creamy oatmeal) and is especially known for its ability to control cholesterol levels.

*Insoluble fiber* is found in wheat, rice, and many other grains. It doesn't get gooey like oatmeal, rather it behaves like tiny little scrub brushes, keeping the intestinal contents moving along quickly.

## Quick Fiber Check



<b>Beans:</b> For each serving of beans or lentils (one serving = 1/2 cup) or any food that includes about this amount of beans or lentils as an ingredient.	7 points
<b>Soy:</b> One cup of soymilk or 1/2 cup tofu	1 point
<b>Vegetables:</b> For each serving of vegetables (one serving = 1 cup)	4 points* *lettuce= 2 points
<b>Fruit:</b> Medium piece of fruit (e.g., apple, banana, 1 cup of applesauce, a banana smoothie)	3 points* *one cup of juice = 1 point
<b>Grains:</b> Whole grains (e.g., whole-wheat bread, oatmeal, bran, brown rice) score higher than processed grains (e.g., bagel, white pasta, white rice)	1 point = processed grains* *white bread, bagel, white rice, processed cereal 2 points = whole-wheat processed grains* *whole-grain bread, whole-grain pasta 3 points = whole grains* *whole-grain cereal, brown rice 4 points = oatmeal 8 points = bran
Meat, Poultry, and Fish	0 points
Eggs and Dairy	0 points
Soda	0 points

The **Quick Fiber Check** is a handy little tool. Using its simple scoring concept, which takes only a minute or two to learn, you'll automatically be able to estimate the fiber content of virtually everything in the grocery store.

To check your own meals, write down everything you ate or drank for one full day on this form (see next page). Now, next to each food, jot in its fiber score (each point = one gram of fiber), using this guide.