

High Fiber Diet Chart

Date: November 15, 2023

Breakfast

- Food Item: Oatmeal | Fiber (g): 4
- Food Item: Banana | Fiber (g): 3
- Food Item: Chia Seeds | Fiber (g): 5

Mid-Morning Snack

- Food Item: Almonds (1/4 cup) | Fiber (g): 3
- Food Item: Apple | Fiber (g): 4

Lunch

- Food Item: Whole Grain Bread (2 slices) | Fiber (g): 6
- Food Item: Mixed Salad Greens (1 cup) | Fiber (g): 2
- Food Item: Carrot sticks (1/2 cup) | Fiber (g): 2

Afternoon Snack

- Food Item: Pear | Fiber (g): 5
- Food Item: Hummus (2 tbsp) | Fiber (g): 1

Dinner

- Food Item: Quinoa (1 cup) | Fiber (g): 5
- Food Item: Steamed Broccoli (1 cup) | Fiber (g): 5
- Food Item: Lentil Soup (1 cup) | Fiber (g): 8

Evening Snack

- Food Item: Popcorn (Air-popped, 3 cups) | Fiber (g): 4
- Food Item: Raspberries (1/2 cup) | Fiber (g): 4

Dr Andersons High Carbohydrate And Fibre Diet Positive Health Guide

Margaret A. Powers (RD.)



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Eczema and Dermatitis Rona M. MacKie, 1983 *The Fast-food Guide* Michael F. Jacobson, Sarah Fritschner, 1986
Analyzes the menus of 17 major fast food chain restaurants compiles charts of nutrition information and recommends the most healthful choices *The Diabetic Man* Peter A. Lodewick, June Biermann, Barbara Toohey, 1999 Foremost lay experts team up with the renowned diabetic specialist to address unique problems that plague the man with diabetes This newly revised edition includes up to date information on areas such as psychology nutrition sports work and sex *The Green Pharmacy Guide to Healing Foods* James A. Duke, 2009-06-23 Upon its publication more than a decade ago Dr James Duke's *The Green Pharmacy* quickly set the standard for consumer herb references A favorite of laypeople and professionals alike the book sold more than a million copies and solidified the author's reputation as one of the world's foremost authorities on medicinal plants In *The Green Pharmacy Guide to Healing Foods* Dr Duke turns to the broader and even more popular subject of food as medicine drawing on more than thirty years of research to identify the most powerful healing foods on earth Whether he is revealing how to beat high cholesterol with blueberries combat hot flashes with black beans bash blood sugar spikes with almonds or help relieve agonizing back pain with pineapple Dr Duke's food remedies help treat and prevent the whole gamut of health concerns from minor such as sunburn and the common cold to more serious like arthritis and diabetes Dr Duke has assigned a rating to each remedy according to his evaluation of the available scientific studies and anecdotal reports Many of the healing foods recommended here are proving so effective that they may outperform popular pharmaceuticals minus the risk and cost **Handbook of Diabetes Nutritional Management** Margaret A. Powers (RD.), 1987 Here is solid practical advice with information on classification systems and diagnostic criteria management techniques step by step instructions for glucose testing exchange system guidelines dietary and soluble and insoluble fiber values for foods detailed information on carbohydrate's influence on blood glucose and more Included are tables charts graphs diagrams and practice aids **The Healing Foods** Patricia Hausman, Judith Benn Hurley, 1994-07 Identifies healthful foods tells how to select store and prepare them and lists foods useful in alleviating common health problems
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