

The Gut-Friendly Fiber Builder™

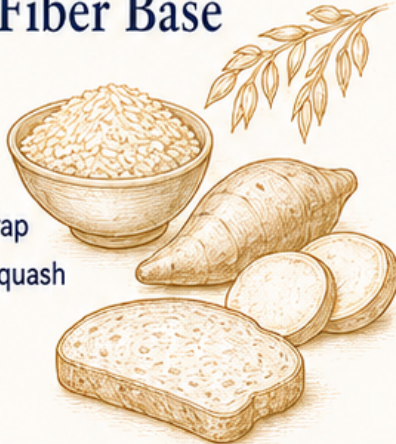
Add fiber gradually with foods that support regularity, satisfaction and a more diverse gut microbiome.

Choose one option from each step. Begin with portions your digestion already tolerates.

1 Choose a Fiber Base

- Oats or barley
- Brown or wild rice
- Quinoa
- Whole-grain bread or wrap
- Sweet potato or winter squash

Start with a familiar food and comfortable portion.



2 Add Colorful Plants

- Leafy greens
- Broccoli or cauliflower
- Carrots or peppers
- Zucchini or mushrooms
- Berries, kiwi, pear or apple

Different plants provide different types of fiber.



3 Include a Fiber Booster

- Beans or lentils
- Chia or ground flax
- Green peas
- Avocado
- Cooked and cooled potato or rice

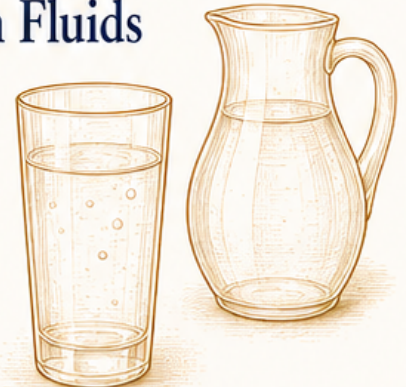
Begin small if beans, seeds or resistant starch are new for you.



4 Pair It with Fluids

Fiber holds water and works best when you are drinking enough throughout the day.

Sip regularly, especially when increasing fiber.



Build Up Gently



Start:
Add one fiber-rich food.



Notice:
Watch comfort, gas and bowel habits.



Build:
Increase variety or portion gradually.

If Bloating Increases



Reduce the portion, slow the pace and choose cooked foods temporarily. More fiber is not always better when added too quickly.

Martine's Midlife Wellness Tip



Aim for variety across the week rather than trying to fit every fiber-rich food into one day.

*Adjust for allergies, digestive conditions, medications and guidance from your healthcare provider.
Seek advice before increasing fiber if you have a bowel narrowing or obstruction risk.*