

Science Guide for High Fiber Meal Plan

High Fiber

This plan provides over 40 grams of dietary fiber daily from whole grain products, fruits, vegetables, lentils, and nut butter. Aiming for the recommended daily amount of fiber is beneficial for reducing [cholesterol](#) and [gastrointestinal cancer risk](#), adding bulk to the digestive tract, and promoting [blood sugar control](#) and [weight management](#).

Low Sodium

Keeping your sodium intake low while increasing your fiber intake is important for overall blood pressure management. Dietary [guidelines](#) recommend consuming less than 2,300 milligrams per day as part of a healthy eating pattern. This plan meets the daily sodium limit and provides soluble fiber which has an overall lowering effect on [blood pressure](#) and reduces cardiovascular disease risk.

Healthy Fats

This program uses lean protein options and contains [omega-3 fats](#) from salmon and chia seeds, and monounsaturated fatty acids from [olive oil](#) and avocado. Nut butter is included for most days of the week as [research](#) shows it improves blood lipid levels.

Calcium & Phosphorus

Calcium and phosphorus are essential in supporting bone growth and maintenance and a high-fiber diet can have an impact on [calcium and phosphorus balance](#) in people with type 2 diabetes. This plan provides an adequate intake of these minerals from coconut yogurt, chicken, fish, and whole grain products.