

Green Light for Fiber



Today's color of the rainbow is green! Green fruits and vegetables are a good source of fiber, help to lower cholesterol, support brain and nerve function, and aid in heart health.

Fiber has many benefits, including decreasing the risk of heart disease and type-2 diabetes and supporting weight control and digestive health. While exact fiber needs vary, the general recommended daily fiber intake for adults is about 25g for women and 38g for men each day. Foods to look out for to increase your fiber intake include fruits, vegetables, beans, whole grains, nuts, nut butters, and seeds.

A few examples of green fruits and vegetables:

Avocados: Avocados are often mashed into a spread but can also be cubed and added to a salad or grain bowl.

Limes: Add lime juice and zest to many drinks and foods, such as grain bowls, yogurt, or guacamole (for 2 green foods in 1)!

Zucchini: Zucchini can be sauteed and added to many savory dishes. It can also be used to make zucchini hash browns or even added to baked goods.

Spinach: Spinach can be eaten raw in a salad or grain bowl or be cooked and eaten on its own or added to a dip.

Fun fact: A whole, medium avocado contains 10+ grams of fiber.