

# HOW TO EAT 50 GRAMS OF FIBER A DAY



**BREAKFAST**

**SNACK**



**LUNCH**

**SNACK**



**DINNER**

**SNACK**

*Want to diversify your microbiome? Aim to eat at least 50 grams of fiber each day. Include a variety of prebiotics—which you'll find in vegetables, fruits, whole grains, and legumes—and probiotics, or fermented foods, like kimchi, sauerkraut, pickled beets, tempeh, and miso.*

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*The good news about a low-fat, plant-based vegan diet is you don't have to count calories. The foods above contain roughly 1,350 calories with just 14 grams of fat. Add additional plant power to your diet by simply increasing portion sizes.*

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