



# F Is For Fiber

A more recent study, appropriately dubbed “POUNDS” (Preventing Overweight Using Novel Dietary Strategies) evaluated calorie restriction and macronutrient composition in obese adults. In 345 subjects, those consuming a higher fiber diet experienced better weight loss in addition to adherence to the dietary prescription. Sustainability of diet modifications is key in long term weight loss success.



**Higher Fiber =**



If you're going to add more fiber to your diet to aid in weight loss, you'll still need to control calories. A bowl of rolled oats is great, but if you're adding butter and brown sugar, you might be negating the positive effects. Below are a few ideas to control calories.

1. Try ginger, cinnamon, and vanilla in oats instead of butter and sugar.
2. Season grains with dried herbs, vegetable or chicken broth, garlic, or onions over oil, butter, or cheese.
3. Add more vegetables to the dish! These add color, flavor, texture, and more nutrition.
4. Add beans to your salad- a half-cup serving boosts the fiber of your meal by 6 grams, which is nearly 25% of the Daily Value.