



# FUEL UP WITH FIBER

Fight Insulin Resistance, Blood Sugar Spikes, and Build Gut Resilience with Plant Foods!

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## Let's Talk About Fiber - Your Gut's Best Friend

### Did you know?

Fiber-rich foods are some of the best things you can eat for your health and most of us don't get enough of them. Fiber is found in foods like fruits, veggies, beans, seeds, and whole grains. Most people in the U.S. consume only about 15 grams of fiber per day, well below the recommended 25-38 grams. But fiber plays a crucial role in digestive health, blood sugar support, and energy balance. The good news? A few simple swaps can help bridge the gap.

### Why is Fiber SO important?

Fiber does so much more than help you go to the bathroom. According to research, people who eat more fiber tend to have:

- Lower blood sugar levels
- Healthier cholesterol
- A stronger gut microbiome (which helps digestion and immunity)
- Fewer cravings and more steady energy
- Better heart and brain health over time

### Soluble vs. Insoluble Fiber: Both Matter

-Soluble fiber dissolves in water and helps reduce cholesterol and blood glucose.

-Insoluble fiber adds bulk and promotes regular bowel movements Including both types supports the body's digestive system and overall health.

## Simple, Everyday Foods That Add Up

Getting more fiber doesn't mean you need to overhaul your entire plate. Here are some easy ways to help you hit your daily fiber goals:

- **Start with fruit:** Add berries, apples (with the skin), or a banana to breakfast.
- **Why it helps:** Fruits like berries and apples are packed with fiber, antioxidants, and natural sugars that give you steady energy without a crash. Keeping the skin on fruits like apples or pears adds even more fiber to support healthy digestion and blood sugar control.
- **Power your lunch:** Try lentils, black beans, or hummus with whole grain bread or tortillas
- **Why it helps:** Legumes are high in both soluble and insoluble fiber, which help improve fullness and support gut health. Paired with whole grains, this combination also helps regulate blood sugar and keeps energy steady throughout the afternoon.
- **Veg it up:** Add a handful of spinach, broccoli, or carrots to your meals
- **Why it helps:** Vegetables are some of the most nutrient-dense foods you can eat. They're rich in both soluble and insoluble fiber, which help support regular digestion and reduce inflammation in the gut. They also add important vitamins and minerals that support your immune system.



### Here's a Simple Goal to Try This Week

Try adding one high-fiber food to every meal for the next 3 days. Pay attention to how you feel... more energy? Better digestion? That's fiber at work.

Fiber may be simple, but its impact is powerful. By choosing more high-fiber foods each day, you're taking real steps toward better digestion, balanced energy, and long-term health. You don't have to be perfect, just consistent. One meal, one ingredient, one choice at a time.

## Hydration Matters Too 💧

When increasing fiber, drinking more water is essential. Hydration helps fiber work properly and prevents discomfort such as bloating.

## Research-Backed Benefits of High-Fiber Meals

According to recent studies, fiber-rich foods are linked to:

- Improved blood sugar control
- Healthier cholesterol levels
- A more diverse gut microbiome
- Fewer cravings and steadier energy
- Long-term heart and brain support



In a 2023 study published in The Lancet, fiber was linked to better blood sugar control in individuals living with diabetes. Another 2023 review from Nutrients showed that fiber helps reduce inflammation and supports good bacteria in our gut (key for anyone trying to improve gut health on a plant-based eating pattern.) [Reynolds et al., 2023 – The Lancet; Slavin, 2023 – Nutrients].

## Let's Make It Doable, Not Perfect

At **Nutrition As Therapy**, we believe in progress, not perfection. You don't have to eat perfectly, just focus on adding more high-fiber foods to your plate each day.

Even one small change, like adding oats or beans, can support insulin resistance, help you feel full longer, and improve digestive health over time.

## Need ideas ? or support ?

Our team at **Nutrition As Therapy** is here to support your journey. Reach out with your questions or schedule a Nutrition appointment with one of our Nutrition As Therapy Registered Dietitians. We're here to guide and cheer you on.



Curious to learn more?

The information in this newsletter is supported by trusted sources like: The Lancet (Reynolds, 2023), Nutrients (Slavin, 2023), Mayo Clinic, Harvard Health, and WHO Dietary Guidelines.

# MONTHLY RECIPE

## LENTIL TACOS 🌮

### How to Make Lentil Tacos

Cooking lentils is simple and rewarding. Follow these steps to create a fiber-rich, plant-powered base for your tacos:

- **Rinse the Lentils:** Pour your dry lentils into a colander. Rinse them thoroughly under cool running water, sorting through to remove any small debris or shriveled pieces.
- **Combine & Cook:** Add the rinsed lentils and the 3 cups of water to a pot. Stir in the onion powder, garlic powder, black pepper, and sea salt (if using). Bring the mixture to a boil over medium-high heat.
- **Simmer:** Once boiling, reduce the heat to low, cover the pot, and let it simmer for 20-30 minutes. Check occasionally and add a little more water if the lentils absorb it all before they become tender. Continue cooking until the lentils are soft and have absorbed most of the liquid, resulting in a slightly thick consistency.
- **Optional for Thicker Filling:** For a heartier texture that's great for tacos, you can lightly mash about half of the cooked lentils directly in the pot using a fork or potato masher. This will thicken the filling without making it a completely smooth paste.
- **Serve:** Spoon your warm, seasoned lentil filling onto warm corn tortillas. Add your favorite taco toppings, such as fresh salsa, avocado slices, or shredded lettuce.



### Ingredients

- 2 cups dry lentils (any color)
- 3 cups water
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 2 teaspoons black pepper
- ½ teaspoon sea salt (optional – omit if managing high blood pressure)

These lentils are the perfect high-fiber, plant-based base for tacos. Combine with your favorite NAT-approved toppings and enjoy a meal that supports your gut, your energy, and your goals.

## ENJOY YOUR LENTIL TACOS!





# A SUCCESS STORY !

Tammara's journey, in her own words.

Starting my health journey, I often felt it was a silent battle, full of unexpected doubts and challenges. I began weighing between 265 and 270 pounds, battling not just physical exhaustion, but also deep anxiety and a mental fog that drained my energy. There were incredibly tough days, especially cutting out deeply ingrained habits like sugary foods; I even experienced withdrawal-like symptoms that prompted me to visit the doctor and even the emergency room, feeling really weird. Despite feeling so low and tired and doubting if anything would work, I knew I couldn't continue that way. My true motivation hit when I realized I needed this drastic change for my daughter's well-being. I don't want her to think like, oh my God, like it's my mom gonna wake up the next day? I told myself. That thought became my most powerful catalyst.

**At my heaviest I weighed almost 270 pounds.**

What began as a quest for weight loss blossomed into a complete life transformation. Today, I've achieved an incredible loss, dropping to 180 pounds, and going from a size 20 (close to 26) to a size 14—a profound change that some people don't even recognize me! But the impact extends beyond the physical: it also helped me mentally. I now feel free, peaceful, and no longer burdened by anxiety, rediscovering the joy of physical activity, and even loving the gym. This newfound vitality even motivated me to leave my old job to start a new one, and I'm so happy where I am now. This holistic change also deepened my relationship with my daughter, making us much closer and active together. My story is a powerful reminder that with the right support and unwavering determination, a holistic transformation is absolutely possible, changing not just your body, but your entire outlook on life.

*100% recommend to join the program.*

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