



Metabolic Code®
unlock your healthiest you

Fiber's Supporting Role

Weight Loss - **Week 7**





Fiber's Supporting Role

One of the reasons vegetables, fruit, and beans play such an important role in weight loss is because they are a source of fiber in our diet. Fiber is a type of carbohydrate that is indigestible, meaning its calories are not absorbed and therefore do not elevate blood sugar and insulin levels. In fact, fiber can help control blood sugar elevations when included in your meals. One of the reasons Metabolic Code® Diet is a low starch eating plan in the beginning is because starches from grains and potatoes do raise blood sugar and insulin, and with large portions can signal the body to STORE FAT. High fiber vegetables, fruits, nuts and seeds are ideal, because fiber is filling and provides bulk and volume to the diet. A high intake of plant food also improves diversity of beneficial flora helping populations to thrive in the intestines. It is also needed to properly get rid of excess estrogens, which can keep weight on. It is a true miracle ingredient.



If you struggle with constipation work on increasing fiber rich choices, such as chia seeds.
Did you know avocados are a great source of fiber? With 6-7 g fiber in half an avocado!!!



Fiber Buzz Words:

All types of fiber are beneficial in the diet. Often fiber is described as Soluble or Insoluble based on whether it is water soluble or not. Many produce items contain a mix of both soluble and insoluble, but tend to be characterized by which fiber is the most dominant. Resistant starch is another extremely important plant fiber. At the end of the day, we need a blend of many types of fiber which is easily achieved by eating a plant-based diet.



Good Fiber Sources (g = grams):

Greens	Cruciferous Vegetables	Berries	Other Fruits	Beans/Legumes
Turnip Greens, cooked 1 cup = 5g	Kale, cooked 1 cup = 3g	Raspberries, raw 1 cup = 8g	Pear, 1 medium = 6g	Edamame, frozen 1 cup = 6g
Mustard Greens, cooked 1 cup = 5g	Cauliflower, cooked 1 cup = 5g	Blueberries, raw 1 cup = 4g	Apple, 1 medium = 4g	Lima Beans, cooked 1 cup = 14g
Collard Greens, cooked 1 cup = 5g	Savoy Cabbage, cooked 1 cup = 4g	Strawberries, raw 1 cup = 3g	Peach, 1 small = 1.5g	Black Beans, cooked 1 cup = 15g
Spinach, cooked 1 cup = 4g	Broccoli, cooked 1 cup = 5g	Blackberries, raw 1 cup = 8g	Orange, 1 medium = 4g	Lentils, cooked 1 cup = 16g
Spinach, raw 1 cup = 0.7g	Brussels Sprouts, cooked 1 cup = 6g		Kiwi, 1 = 2g	Kidney beans, cooked 1 cup = 16g
Beet Greens, cooked 1 cup = 4g	Red Cabbage, cooked 1 cup = 4g		Prune juice, 2oz = 1.25g	Pinto beans, cooked 1 cup = 15g
Swiss Chard, cooked 1 cup = 4g			Banana, 1 medium = 3g	Navy Beans, cooked 1 cup = 19g

Soluble Fiber:

This type of fiber has received a lot of attention due to its ability to lower LDL “bad cholesterol.” The mechanism of action is that soluble fiber attracts water and forms a gel in the intestinal lining. This gel binds dietary cholesterol therefore interfering with its absorption. This gel is also advantageous for weight loss, because it delays the emptying of the stomach, making you feel full. This slower stomach emptying favorably effects blood sugar levels.

Good food sources: lentils, apples, oranges, pears, beans, berries, celery, carrots, and chia seeds.



Insoluble Fiber:

Insoluble fibers are the dominant fibers in many healthy vegetables and in whole grains. These fibers are key for helping to prevent constipation because they add bulk to the stool. Unlike soluble fiber, insoluble fiber sources do not dissolve in water and go through the gastrointestinal tract relatively intact. When not eating whole grains in Phase 1, chia and flaxseeds are a non-grain way to help keep bowel movements very healthy and regular. Any measure to ensure healthy daily bowel movements is important for whole body detoxification.

Good Phase 1 food sources: cabbage, zucchini, onions, tomatoes, carrots, cucumbers, green beans, dark leafy vegetables, grapes, vegetable skins.



Resistant Starch:

Though called a starch, it is resistant to digestion, which also makes this substance qualify as a type of fiber. Resistant starch is the primary type of fiber that promotes beneficial flora populations. It has been found to increase hormones that help insulin sensitivity (a good thing) and that help reduce appetite. Good sources: Beans and legumes, slightly green bananas.