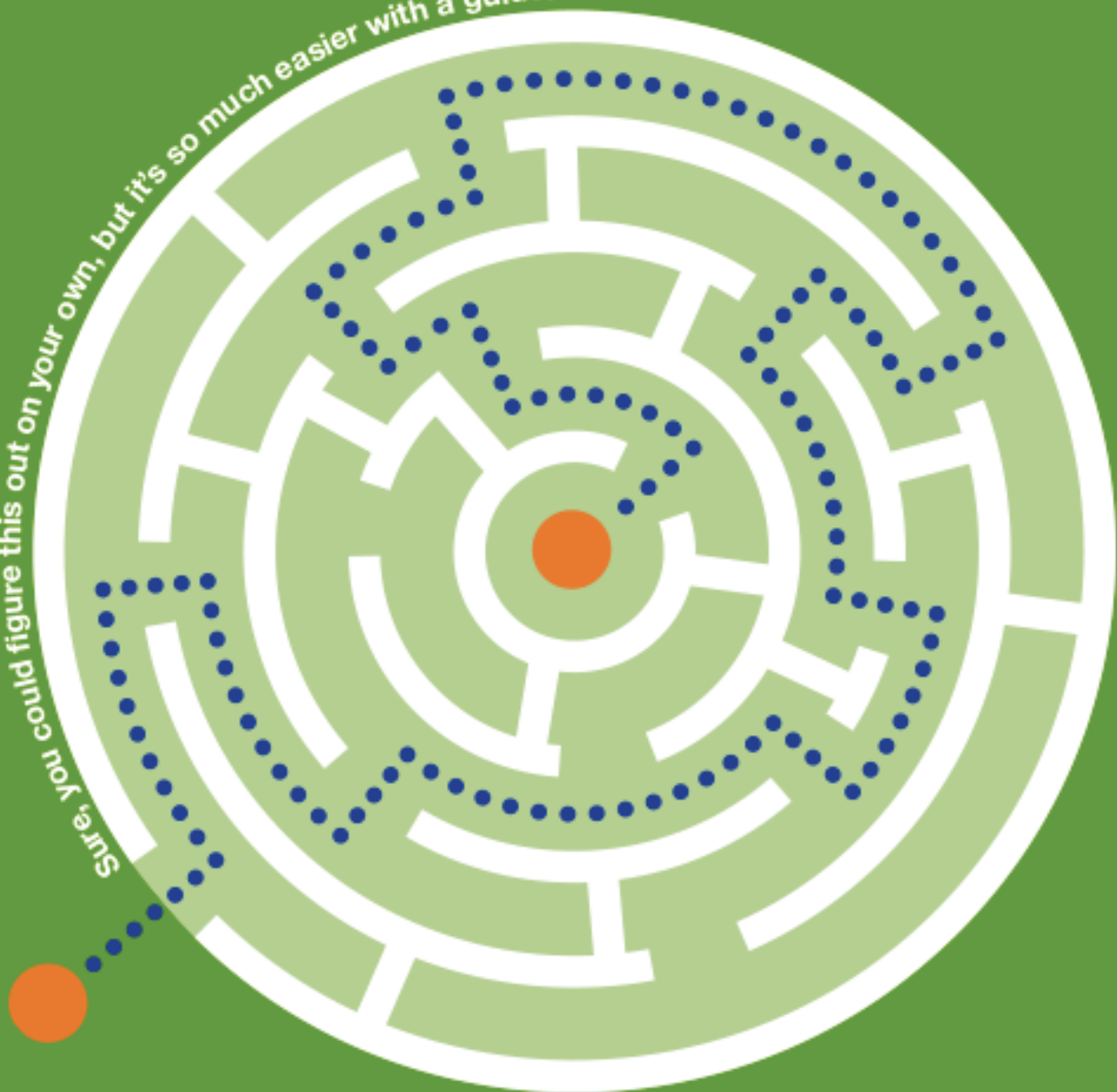


ARE YOU EATING ENOUGH TO LOSE WEIGHT?

THE BEGINNER'S GUIDE FOR **HEALTHY WEIGHT LOSS**

Sure, you could figure this out on your own, but it's so much easier with a guide.





If you resolve to do ONE thing this year **do this!**

At Full Plate Living, we've been helping people like you change their diets for over two decades.

We've learned a lot about what works
AND what doesn't.

It's from these learnings we've distilled the process of changing your diet into ONE simple action.

It's a simple idea to understand but it's not easy to do. It takes time and effort to master.

But the reward of mastering this ONE habit is worth it.

So what's the ONE thing we recommend you focus on above all else this year?

Eat more fiber foods.

If you resolve to do one thing this year, eat more fiber foods at every meal.


Most Every Major Health Association Recommends Eating More Fiber Foods

 Academy of Nutrition and Dietetics

 American Institute for Cancer Research®

 American Cancer Society®

 American Diabetes Association®

American Heart Association 

 INSTITUTE OF MEDICINE
OF THE NATIONAL ACADEMIES

 World Health Organization

Medical researchers are among the strongest supporters of a high-fiber diet.

*The Institute of Medicine, the American Heart Association, the Academy of Nutrition and Dietetics, the American Diabetes Association, the World Health Organization, the American Cancer Society, the American Institute for Cancer Research – **all recommend that you eat a high fiber diet.***



Successful MyFitnessPal Users Eat More Fiber

The team at MyFitnessPal recently studied their users who had successfully reached their weight loss goal.

They were looking to answer the questions,

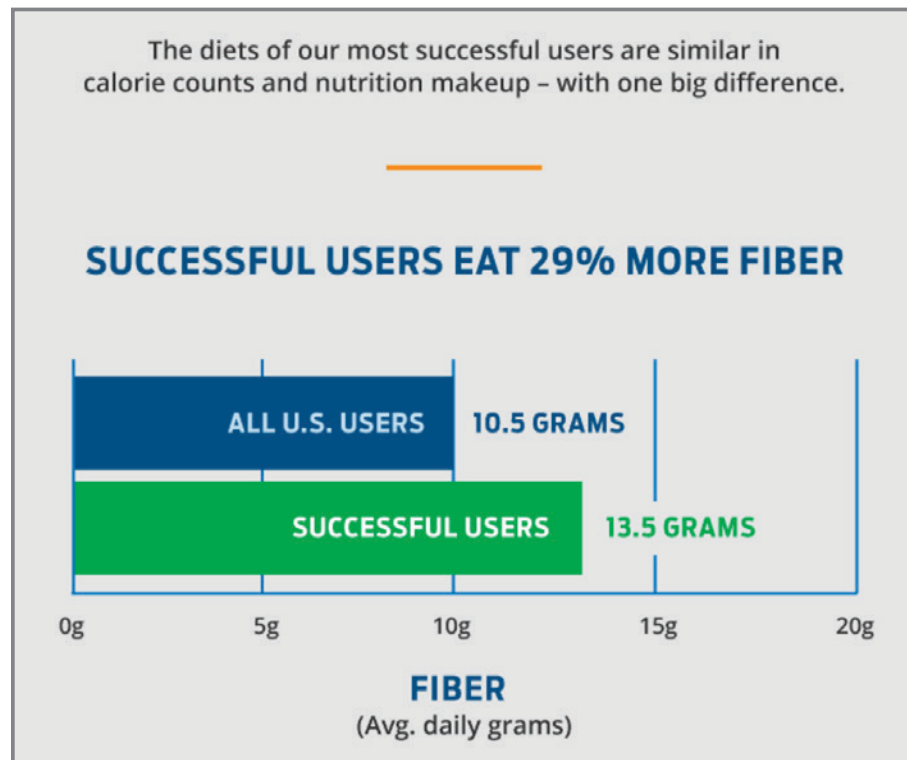
“What are successful users eating differently than the rest of us?
What are they doing that others aren’t?”

Were they eating fewer carbs? Less sugar? Less fat?

No.

The most successful MyFitnessPal users were doing ONE thing differently than everyone else.

They were eating more fiber.



View the entire infographic and write up at <http://blog.myfitnesspal.com/eat-like-successful-myfitnesspal-user/>

Why is fiber such a big deal?

Only 3% of Americans are eating the recommended fiber intake.

The reason our pants aren't fitting anymore is because we're not eating enough fiber.

We're not eating enough fiber to lose weight.

That's why if you start meeting the daily fiber recommendations, you'll start slimming down.

You'll start to feel better again.

You'll have more energy again.

In fact, MyFitnessPal users weren't even eating the recommended amount of fiber and they were experiencing results.

This guide will show you how to get started eating enough fiber so you can lose weight without having to go on a diet this year.

Remember the Wendy's TV commercial series, "Where's The Beef"?

[Clara Peller](#), who starred in the commercials, would peer into a huge fluffy white bun and seeing only a tiny beef patty would exclaim, "Where's the beef"?

While microscopic beef patties might have been the scourge of 1980's America, today, a new question is begging to be asked.

"Where's the fiber?"

If you resolve to do one thing this year, learn to ask the question, "where's the fiber?"

The better you get at asking "where's the fiber?", the easier it will be for you to lose weight without having to go on a diet.

Are you ready?

Let's get started.



Are you eating enough fiber to lose weight?

You can find out here. It will only take you 5 minutes to see how you score.

1

Take The Quiz

First, you need to find out how much fiber you're already eating. Because the good news is, you're already eating some fiber, which means you're already part way to your goal.

To make this easy, we've developed a short quiz to give you an estimate on how much fiber you're already eating.

Go to the next page and take the quiz.

Do This First!

2

Compare Your Results

Take your score from the quiz and see how you're doing compared to the average American.

Most Americans Eat Fewer Than 5 Fiber Foods Each Day

How do you compare?

0 - 5 Fiber Foods

You're off to a good start!

6-10 Fiber Foods

You're well on your way!

11-15 Fiber Foods

You're a star!

3

Set Your First Milestone

Your goal is to work up to eating 11-15 servings of fiber foods every day.

When you're eating 11-15 servings of fiber foods every day you'll be eating enough fiber to lose weight!

This goal might feel daunting to you right now but, don't worry. You're not alone.

Changing your diet isn't easy. It takes time. But you can do it!

And the only way to take on any really BIG challenge is to take it one-step-at-a-time.

Next is an example for how to set your first milestone.

QUIZ

Are You Eating Enough To Lose Weight?

Find out how you score.

Take this quiz to see if you're eating enough of the right foods to give you a weight loss edge.

Count the foods listed to the right that you've eaten in the last 24 hours.

When you're done, see how you compare below.

How many of these foods did you eat during the past 24 hours?

Fruits

- apples
- apricots
- bananas
- blackberries
- blueberries
- cantaloupe
- cherries
- grapefruit
- grapes
- kiwi
- mango
- oranges
- peaches
- pears
- pineapple
- plums
- raspberries
- strawberries
- watermelon
- other fruit

Vegetables

- artichokes
- asparagus
- avocado
- beets
- bell (sweet) peppers
- broccoli
- carrots
- cauliflower
- celery
- corn
- green beans
- lettuce
- kale
- okra
- onions
- romaine lettuce
- sweet potatoes
- tomatoes
- zucchini squash
- other vegetable

Cooked Whole Grains

- barley
- brown rice
- oats
- quinoa
- wheat
- whole grain cornmeal
- wild rice
- other cooked whole grain

Beans

- black beans
- black-eyed peas
- edamame (green soybeans)
- garbanzo beans
- kidney beans
- lentils
- lima beans
- navy beans
- peas
- pinto beans
- other bean

What a 0-5 score means

If you're eating 0-5 servings of fiber foods every day, you're in good company.

In fact, most Americans are right here with you.

But if you want to make this the year you lose weight once and for all, then you'll need to (gradually) work your way up to eating 11-15 servings of fiber foods a day.

What a 6-10 score means

If you're eating 6-10 servings of fiber foods every day, you're ahead of most people.

Congratulations. You're doing a lot of things right.

But if you want to make 2017 the year you lose weight once and for all, then you'll need to (gradually) work your way up to eating 11-15 servings of fiber foods a day.

What a 11-15+ score means

If you're eating 11-15+ servings of fiber foods every day, you're part of the rare 3% club.

This means you're ahead of 97% of fellow Americans.

Full Plate Living exists to show people how to eat more fiber foods so they can lose weight in a way that lasts.

Keep up the great work!

How to improve your score

If you want to lose weight you'll want to be eating between 11 and 15 servings a day.

The best way to increase the number of fiber foods you're eating is adding 2 new foods at a time. The next page walks you through setting your first milestone.

Now you know your score...take the next step!

How to Set Your First Fiber Milestone

Say right now you're eating 3 fiber foods each day.



We recommend that you increase fiber servings by 2 servings at a time.



So your first milestone will be to increase the number of fiber foods you eat every day to 5.

Tip: You'll know it's time to add 2 more fiber foods when eating 5 servings a day becomes second nature.

Now you'll be tempted to start eating 15 fiber foods a day right away.

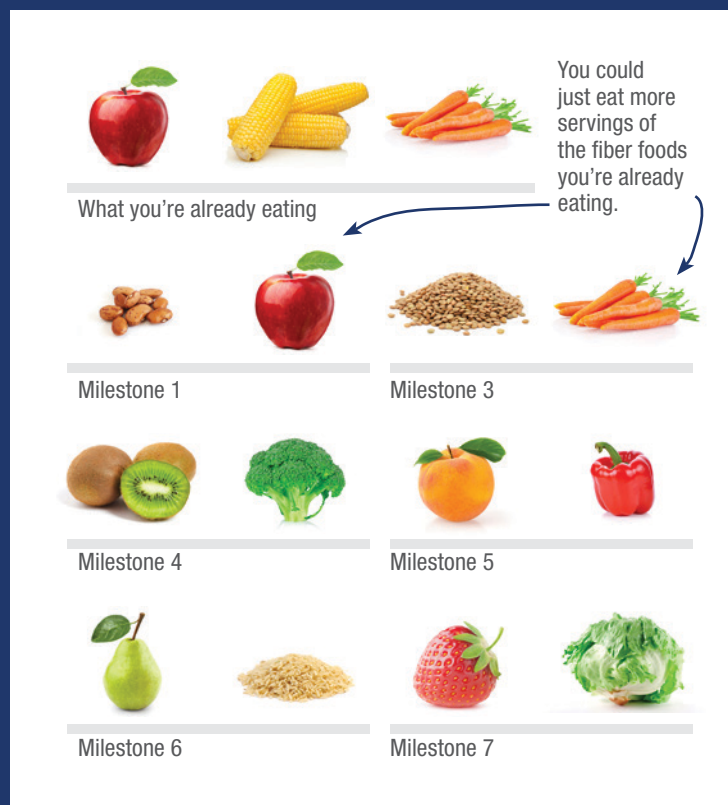
Don't!

We recommend that you go slow.

If you go too fast you might experience [gas and other annoying GI issues](#).

What's the reward for reaching the goal of 11-15 fiber foods every day?

- Weight loss that feels automatic without feeling hungry.
- New found energy.
- Feeling great again.





Where's The Fiber?

Congratulations!

Now you've set your first milestone, the next logical question you might be asking is...

Where's the fiber?!

If you want to succeed at losing weight by changing your diet, then you'll want to become a pro at asking the question, where's the fiber?

In the next section of this guide, we'll show you how to get better at finding fiber foods.

You'll learn how to find fiber foods:

- At the drive through
- At your favorite restaurant
- At the grocery store

You'll start seeing fiber foods almost everywhere.

Why?

Because fiber wasn't our idea.

We didn't invent it.

That was God's doing.

We just created the process that will make it much easier for you to lose weight by eating enough fiber in your diet.

What are the top fiber foods for beginners?

If you're like most people, you've seen fiber in two places. You know it's in the pharmacy aisle, next to Ensure etc..



This isn't the fiber we're talking about.

You've also seen "fiber" printed on cereal boxes.



This isn't the fiber we're talking about.

We're not trying to get you to eat more fiber.

We're trying to help you eat more foods that are naturally high in fiber.

When you eat foods naturally high in fiber, that's when the magic happens.

To the right is a list of the top 9 fiber foods we recommend for when you're just starting out.

The Top Fiber Foods For Beginners

High Fiber Breakfast Foods

- 1 - Apples
- 2 - Berries (Black, Raspberries etc.)
- 3 - Oatmeal

High Fiber Lunch Foods

- 1 - Avocado
- 2 - Pears
- 3 - Baby Carrots & Hummus

High Fiber Supper Foods

- 1 - Broccoli
- 2 - Sweet Potatoes
- 3 - Beans (Black, Chili, Red, Green)

You might surprised how many of these fiber foods you already like!

If you want a more comprehensive list of fiber foods, visit our [online fiber guide](#)

Where's The Fiber At The Drive Thru?

Fast food chains are actually getting better about offering high fiber foods.

If you're always on the go, here are some high fiber items you can order at the most popular fast food chains.

Fiber at Top **Fast Food** Restaurants

McDonalds	Subway	Wendy's	Dunkin' Donuts	Pizza Hut
<ul style="list-style-type: none"> • Cuties or Apple Slices • Southwest Grilled Chicken Salad • Fruit and Maple Oatmeal 	<ul style="list-style-type: none"> • Sliced Apples • Any Salad version of the sandwich • Salad bar veggies & guacamole 	<ul style="list-style-type: none"> • Broccoli Cheese Baked Potato w/ Small Ricy & Meaty Chili • Power Mediterranean Chicken Salad • Apple Slices 	<ul style="list-style-type: none"> • Oatmeal 	<ul style="list-style-type: none"> • Buffet Salad • Premium Garden Veggie Pizza • Veggie Lover's Pizza
Starbucks	Burger King	Taco Bell	Chick-fil-A	Panera Bread
<ul style="list-style-type: none"> • Hearty Blueberry Oatmeal • Veggie & Brown Rice Salad Bowl • Chicken & Black Beans Salad Bowl 	<ul style="list-style-type: none"> • Oatmeal • Garden Chicken Salad w/ Tender Crisps • Burger King Veggie Burger 	<ul style="list-style-type: none"> • Power Menu Bowl - Veggie • Fresco Style Bean Burrito • Black Beans 	<ul style="list-style-type: none"> • Fruit Cup or Superfoods Side • Grilled Chicken Cool Wrap • Spicy Southwest Salad 	<ul style="list-style-type: none"> • Turkey Chili • Ancient Grain & Arugula Salad w/ Chicken • Steel Cut Oatmeal w/ Strawberries & Pecans

The good news is it's getting a little easier to find slimming high fiber options at fast food chains.

But eating at your favorite joint will take some self control because tempting foods aren't slimming by nature.

Here's a general rule of thumb to set your expectations: **the more you eat out, the slower your weight loss progress will be.**



Where's The Fiber At Your Favorite Restaurant?

It's easier to create high fiber meals at sit down restaurants than it is at fast food joints.

That's because the entire menu can be treated like a list of ingredients.

This means you can find all the high fiber foods on the menu and use them to create an awesome meal.

We call it the Ingredient List Technique.

To help you understand this technique, we created an example meal so you can see how it works. →

Remember our rule of thumb. **The more you eat out, the slower your progress will be.**

But the good news is that it's possible to eat a high fiber diet and still eat at your favorite restaurants with your friends and family.

Score!



Chili's - Margarita Grilled Chicken and Veggies

How to Order This Meal

Ask for:

Margarita Grilled Chicken with:

- one side of **Steamed Broccoli**
- one side of **Black Beans**
- one side of **Spinach Garlic Roasted Tomatoes**
- and one order of **Avocado Slices**

Find more examples at fullplateliving.org/restaurants



Where's The Fiber At The Grocery Store?

To make it easier for you to find fiber foods when you go shopping, we've created a printable *Where's The Fiber? Grocery Store Guide*. (on the next page.)

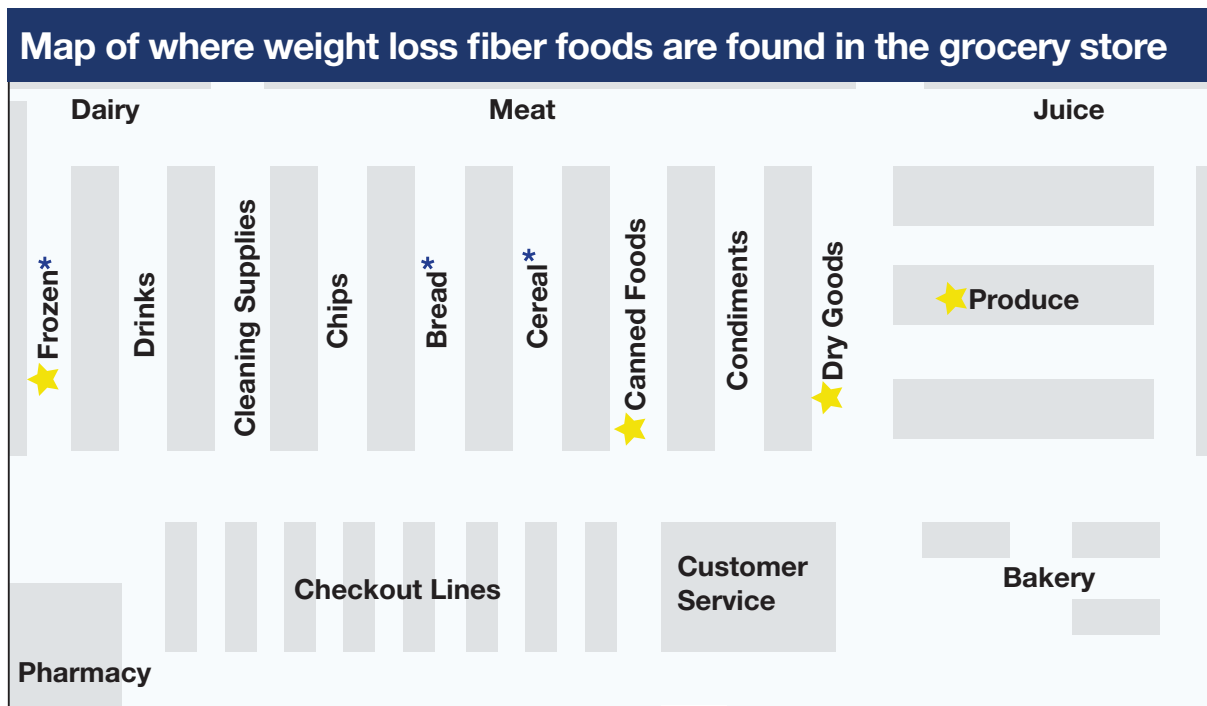
Print this guide off to help you as you decide what fiber foods you'll use to get to your first milestone.

Fiber is a big deal.

Most of us aren't eating anywhere near enough of it.

If you resolve to do one thing this year, meet the daily fiber recommendations!

The reward of eating enough fiber is well worth the effort!































★ = great place to find fiber foods.

* Read our blog posts for the best [breads](#), [cereals](#), and [frozen meal](#) choices for weight loss.

Where's The Fiber? Grocery Store Guide

 = Great beginner food

Produce Section	Frozen Section	Canned Goods
Fruit <ul style="list-style-type: none">  Raspberries 8g fiber/cup Blackberries 8g fiber/cup  Pears 6g fiber/medium  Apples 4g fiber/medium Papaya 6g fiber/medium Kiwi 5g fiber/2 medium  Blueberries 4g fiber/cup Oranges..... 3g fiber/medium  Bananas 3g fiber/medium  Strawberries 3g fiber/cup  Mango 3g fiber/cup  Peach 2g fiber/medium 	Frozen Fruit (unsweetened) <ul style="list-style-type: none">  Raspberries 8g fiber/cup Blackberries 8g fiber/cup Mixed berries 5g fiber/cup  Blueberries 4g fiber/cup  Strawberries 3g fiber/cup Pineapple 3g fiber/cup  Mango 3g fiber/cup Cherries..... 3g fiber/cup Peaches 2g fiber/cup 	Canned Beans <ul style="list-style-type: none"> Navy beans 10g fiber/half cup cooked  Pinto beans..... 8g fiber/half cup cooked  Black beans 8g fiber/half cup cooked Red beans 8g fiber/half cup cooked Great Northern beans 7g fiber/half cup cooked Cannellini beans 7g fiber/half cup cooked Lima beans..... 7g fiber/half cup cooked Black eyed peas 6g fiber/half cup cooked Garbanzo beans 6g fiber/half cup cooked <p>All dry beans are great sources of fiber and we recommend them too! We didn't list them because they usually take longer to cook.</p>
Vegetables <ul style="list-style-type: none">  Avocado 7g fiber/half medium Butternut Squash 7g fiber/cup cooked  Broccoli 5g fiber/cup  Carrots..... 5g fiber/cup cooked  Corn..... 5g fiber/cup cooked Spinach 4g fiber/cup  Sweet Potatoes..... 4g fiber/medium Cabbage 3g fiber/cup cooked Beets..... 3g fiber/cup cooked Kale 3g fiber/cup cooked Asparagus 3g fiber/7 spears  Tomatoes 2g fiber/cup cooked Green Beans..... 2g fiber/cup cooked 	Frozen Vegetables <ul style="list-style-type: none">  Broccoli 5g fiber/cup  Carrots..... 5g fiber/cup  Corn..... 5g fiber/cup cooked Spinach 5g fiber/half cup Brussels Sprouts 4g fiber/cup cooked Corn, carrot, peas, green beans 4g fiber/cup cooked Corn, carrot, peas mix 3g fiber/cup cooked Asparagus 3g fiber/7 spears Green beans 2g fiber/half cup cooked 	Canned Vegetables <ul style="list-style-type: none">  Peas 9g fiber/1 cup Pumpkin 7g fiber/1 cup Vegetable mix 5g fiber/1 cup Potatoes 4g fiber/1 cup Mushrooms 4g fiber/1 cup Green beans 4g fiber/1 cup Asparagus 4g fiber/1 cup  Corn..... 3g fiber/1 cup Carrots 2g fiber/1 cup Spinach 2g fiber/1 cup Tomatoes..... 2g fiber/1 cup
Whole Grains <ul style="list-style-type: none"> Barley..... 6g fiber/1 cup, cooked Quinoa..... 5g fiber/1 cup, cooked  Old fashioned rolled oats 4g fiber/1 cup, cooked Steel cut oats 4g fiber/1 cup, cooked Wild rice 3g fiber/1 cup, cooked  Brown rice 3g fiber/1 cup, cooked <p>There are other whole grains that are fabulous for weight loss, but we didn't list them because they're harder to find.</p>	Frozen Beans <ul style="list-style-type: none">  Edamame beans 8g fiber/half cup cooked Lima beans..... 7g fiber/half cup cooked Green peas..... 4g fiber/half cup cooked 	
	Frozen Whole Grains <ul style="list-style-type: none">  Brown rice 4g fiber/1 cup, cooked 	



Print this page and take it to the store



Here's The Takeaway

Life is busy.

There are all kinds of voices that promise a slimmer, healthier you.

But what if there were ONE thing?

ONE thing that could make the biggest difference in your weight and health?

What if there were something that matters the most?

Something that rises to the top, above all else?

There is.

And it's fiber.

Study after study confirms, there's ONE habit at the top of the list when it comes to achieving sustainable, lasting weight loss.

It's not more exercise.

It's not eating more protein.

Or even being more mindful.

If you resolve to do ONE thing this year, eat enough fiber foods.

Who We Are And Why We Care

Full Plate Living is a non-profit with a big mission to help Americans eat enough fiber foods.

We believe fiber is the 5 letter F-word that changes everything about weight loss and your health.

If you resolve to do ONE thing this year, eat more fiber foods.