

Fiber drives weight loss. It's that simple.

Vegetables, beans, fruits, and whole grains help you feel full, energized, and in control. Animal products like meat, dairy, and eggs contain no fiber and often lots of fat. They tend to slow you down. Oatmeal, veggie wraps, tacos, and pasta? Already on your plate—and now part of the solution.

Here are 5 easy diet tips to help you get started.



1

Breakfast of oatmeal and berries

Steel cut oats are the best because they are the most healthful kind of oatmeal, but if you must have quick oats, that's ok. Be sure to cook them with water. To sweeten your oatmeal, top off with your favorite berries and a tablespoon of maple sugar if you like.



2

Eat beans

Black, kidney, white, navy, Lima, garbanzo... all beans are good choices. Beans drive weight loss. It's easy to replace meat with beans in soups, chili, rice dishes, and tacos and burritos. Getting as little as a cup of beans a day can make a big difference.



3

Make the salad the meal

Americans are used to eating salad as a side dish. Instead, fix yourself a big salad and let that be your meal. Skip the commercial dressing and instead, flavor your salad with a chopped apple or pear, a few nuts, and balsamic vinegar. Salad and raw fruits and vegetables are excellent for weight loss.



4

Switch to sprouted grain bread

Processed foods stop weight loss in its tracks. When whole grains such as wheat and oats are processed and milled to flour, most of their weight-loss benefits are lost. Sprouted-grain bread does not use flour. Its intact grains are full of fiber to help promote weight loss.



5

Set aside the oil

It's 100% fat and contains zero fiber—exactly what your body loves to store as body fat. Whole foods already contain the fat you need, so there's no reason to add more. Cook with vegetable broth or plain water instead. And if you're not ready to eliminate oil completely, start by using less.

**simple
suggested
swaps**

TRADE THIS

FOR THIS

| | | |
|-------------------|---|------------------------------------------------|
| Eggs and toast | → | Avocado on sprouted grain toast |
| Sugary cereals | → | Oatmeal, shredded wheat, or Uncle Sam's Cereal |
| Cow's milk | → | Almond, soy, or oat milk |
| Yogurt | → | Berries or whole fruit |
| Lunch sandwich | → | Bean burger, avocado, lettuce & tomato |
| Tuna or egg salad | → | Vegetable and bean soup |
| Cheese & crackers | → | Hummus and cucumber slices |
| Ice cream | → | Fruit sorbet (without added sugar) |