



BRIAN DANLEY FITNESS

RECOMMENDED FIBER FOODS

GRAINS

ALL BRAN
BROWN RICE
BUCKWHEAT
BULGUR
POPCORN
PUFFED WHEAT
SHREDDED WHEAT
SWEET CORN
WHOLE RYE
WHOLE RYE BREAD
WHOLE-GRAIN BREAD
WHOLE-GRAIN CEREAL
WILD RICE

VEGETABLES

BROCCOLI
CARROTS
MIXED BEANS
MIXED SALAD
PEANUTS
PEAS / LENTILS
CAULIFLOWER
SOYBEANS
SPINACH
STEAMED VEGETABLES
SUNFLOWER SEEDS
SWEET POTATO

FRUIT

APPLES
AVOCADO
BANANAS
BLACKBERRIES
BLUEBERRIES
CANTALOUPE
DRIED FIGS
DRIED PEAR HALVES
GRAPEFRUIT
KIWI
ORANGES
PAPAYA
PEACHES
PEARS
PINEAPPLE
PRUNES
RASPBERRIES

BENEFITS OF EATING FIBER FOODS

STABILIZES BLOOD SUGAR LEVEL
REDUCES APPETITE
ACCELERATES REMOVAL OF FATS / CHOLESTEROL FROM
BODY
IMPROVES PROTEIN METABOLISM
IMPROVES FAT METABOLISM
LOWERS HEART DISEASE RISK
IMPROVES BLOOD PRESSURE
REDUCES RISK OF DEVELOPING CERTAIN CANCERS
REDUCES INSULIN RESISTANCE
REDUCES BODYWEIGHT
BLOCKS CHOLESTEROL/FAT ABSORPTION