

Snack

- ½ cup cucumber slices
- 2 Tbsp. avocado

Per Snack: Calories 55, Fat 4 g (Sat. Fat 0.6 g), Carbohydrate 4 g (Fiber 2 g, Sugars 1 g), Cholesterol 0 mg, Sodium 0 mg, Potassium 210 mg, Protein 1 g, Phosphorus 25 mg

Choices: Nonstarchy Vegetable 1, Fat 1

Other Lower-Carb Snacks (calories vary): 15 almonds, 1 hard-boiled egg, 8 olives, 1 mozzarella string cheese stick, 5 celery sticks with 1 Tbsp. peanut butter

Fruits and Veggies

This one-day meal plan includes 6 servings of fruits and nonstarchy vegetables; these are included at almost every meal and snack as helpful sources of fuel and fiber for your body.

Fiber

Plant foods, such as whole grains, fruits, vegetables, nuts, and beans, are good sources of satisfying fiber. Fiber helps your digestive system process food as well as get rid of waste products from your body. Aim for at least 25 grams of fiber daily for women and 38 grams of fiber daily for men.

Tip

When choosing whole-grain cereals, breads, and crackers, pick those with 3 grams or more fiber per serving and—if you can find such products—without added sugars in the ingredients list.