

Fitness and Fuel: Fiber Challenge

February 19- April 1



Submit your completed tracker by Friday, April 7, to the Service Desk or email to Wellness Program Manager Devan Martinez, dmartinez@cooperfitnesscenter.com

Put your exercise routine and eating habits—specifically your fiber intake—to the challenge for six weeks. To earn a prize, achieve 150 minutes of exercise or 325 Myzone® MEPs each week and the weekly fiber goals (see page 3 for details).

Fiber: Fuel for Health

Fiber is a key component to diet and health with well-documented benefits in reducing the risk for:

- Heart disease and stroke
- Hypertension
- Certain gastrointestinal disorders
- Obesity
- Type 2 diabetes
- Certain cancers



of Americans do not consume the recommended amount of fiber despite its far-reaching benefits

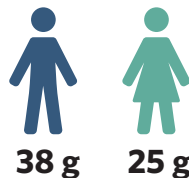


decrease in the risk of premature death for every 10-gram increase in fiber intake

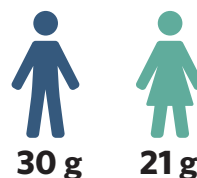
Fiber is a component of plants and is partially or completely resistant to digestion. Eating a variety of plant sources can help you meet your daily fiber needs.

Recommended Daily Fiber Intake

Ages 19-49



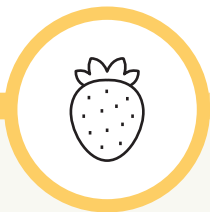
Ages 50+



Fitness and Fuel:

Fiber Challenge

Examples of Fiber Food Sources



Fruits & Vegetables

- Blackberries, boysenberries, raspberries (1 cup): **8 g**
- Pears (with peel; 1 large): **6 g**
- Mangoes (1 medium): **5 g**
- Apples (with peel; 1 medium): **4 g**
 - Bananas (1 large): **4 g**
 - Strawberries (8): **4 g**
 - Blueberries (1 cup): **4 g**
 - Kiwi (2): **4 g**
- Turnips (½ cup, cooked): **5 g**
- Artichoke hearts (½ cup, cooked): **5 g**
 - Sweet potatoes (with skin; ½ cup, cooked; 3 oz.): **4 g**
 - Oranges (1 medium): **3 g**
 - Clementines (2): **3 g**
 - Avocados (½ medium): **3 g**
- Peaches (with peel; 1 large): **3 g**
 - Prunes (3): **2 g**
- Eggplant (1 cup, cooked): **3 g**
- Collard greens (½ cup, cooked): **3 g**
 - Plums (2 small): **2 g**
- Pineapple (chunks, 1 cup): **2 g**
- Asparagus (5 spears, cooked): **2 g**
 - Broccoli (½ cup, cooked; 1 cup, raw): **2 g**
- Green beans (½ cup cooked): **2 g**
- Cabbage (1 cup, raw): **2 g**
- Carrots (½ cup, cooked, 10 baby carrots): **2 g**
- Lettuce, romaine (2 cups): **2 g**



Legumes, Nuts & Seeds

- Amy's® Organic Black Bean Chili (1 can): **15 g**
- Amy's® Lentil Soup, light in sodium (1 can): **12 g**
- Beans (black, red, kidney, white, navy, pinto; ½ cup): **5-8 g**
- Trader Joe's® Steamed Lentils (½ cup): **6 g**
- Biena® Dry Roasted Chickpeas, Sea Salt (¼ cup): **6 g**
- Seapoint Farms® Dry Roasted Edamame (½ cup): **6 g**
- Chia seeds (1 Tbsp.): **5 g**
- Edamame (shelled; ½ cup): **4 g**
- Peas, green, sweet peas (½ cup, cooked): **4 g**
- Almonds (23 nuts): **3 g**
- Sunflower seeds (¼ cup, 1 oz.): **3 g**
- Flaxseed, whole (2 Tbsp.): **3 g**
- Flaxseed, ground (2 Tbsp.): **3 g**
- Walnuts (¼ cup, 1 oz.): **2 g**
- Peanuts (¼ cup, 1 oz.): **2 g**
- Sugar snap peas (1 cup): **2 g**



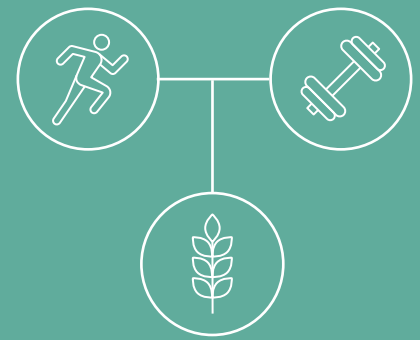
Cereals, Breads & Grains

- Kellogg's® All Bran Buds (½ cup): **17 g**
- Explore Cuisine® edamame pasta (1 cup, cooked): **12-14 g**
- Kashi GO® Original (1 ¼ cup): **12 g**
- Kellogg's® All Bran® Original (⅔ cup): **12 g**
- Kashi GO® Cinnamon Crisp (1 cup): **11 g**
- Quaker® High Fiber, Instant Oatmeal (1 packet): **10 g**
- Post® Raisin Bran (1 ¼ cup): **9 g**
- Post® Shredded Wheat 'N Bran (1 ⅓ cup): **8 g**
- Sorghum* (½ cup, cooked): **8 g**
- Kellogg's® Raisin Bran Original (1 cup): **7 g**
- Post® Grape-Nuts Original (½ cup): **7 g**
- Pasta, whole wheat (1 cup, cooked): **7 g**
- Kellogg's® Frosted Mini Wheats (25 biscuits): **6 g**
- Lentil pasta (1 cup, cooked): **6 g**
- 100% Buckwheat noodles (Soba)* (1 cup, cooked): **6 g**
- Banza® chickpea pasta (1 cup, cooked): **5 g**
- Bulgur wheat (¼ cup, dry; ½ cup, cooked): **5 g**
- Quinoa (½ cup, cooked): **5 g**
- Barley (½ cup, cooked): **3 g**
- Pasta, white, regular (1 cup, cooked): **3 g**
- Teff* (½ cup, cooked): **3 g**
- Brown rice* (½ cup, cooked): **2 g**

Tracker

Name:

Email:



1. Log your exercise daily to achieve the weekly goal of 150 minutes or 325 Myzone® Effort Points (MEPs).
2. Log your fiber intake and strive to increase it based on the goals listed below.

EXERCISE: Log your exercise daily to reach goal of 150 minutes or 325 MEPs per week.

FIBER: Log the number of fiber sources and types you consume daily.

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EXERCISE (min.)							
# FIBER SOURCES							

TYPES OF FIBER CONSUMED: _____

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EXERCISE (min.)							
# FIBER SOURCES							

TYPES OF FIBER CONSUMED: _____

EXERCISE: Log your exercise daily to reach goal of 150 minutes or 325 MEPs per week.

FIBER: Eat 1 additional source of fiber daily.

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EXERCISE (min.)							
1 ADDITIONAL FIBER SOURCE							

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EXERCISE (min.)							
1 ADDITIONAL FIBER SOURCE							

EXERCISE: Log your exercise daily to reach goal of 150 minutes or 325 MEPs per week.

FIBER: Eat 2 additional sources of fiber daily.

WEEK 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EXERCISE (min.)							
2 ADDITIONAL FIBER SOURCES							

WEEK 6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EXERCISE (min.)							
2 ADDITIONAL FIBER SOURCES							