

Fiber-Rich Shake Additions to Boost Digestive Balance



Getting the right amount of fiber is essential for supporting a healthy, balanced digestive system. Yet most people get far less than they need.

IsaLean® Shake is already rich in fiber with eight grams per serving, but that doesn't mean you can't add a nutritious boost to your shake to help you meet your goals.

While the Institute of Medicine recommends at least 25 grams of dietary fiber for women and 38 grams for men every day, only about five percent of adults meet this recommendation (1).

According to a large national health survey, the average person gets just 16 grams of fiber a day, or about half of the minimum level that's recommended to maintain good health (2).

One reason average fiber intake remains so low is that many healthful foods have less fiber than you might expect.

For example, a typical packet of oatmeal only provides about three grams of fiber while a medium apple, including skin, also provides around three grams.

Not only do most of us fail to consume the recommended amount of dietary fiber, but we also fall short on variety. Different foods offer a mix of dietary fiber types, each with unique properties that contribute to overall digestive balance.

By selecting from a variety of different fiber-rich foods, you can be sure to get the greatest benefit for digestive health.

It's best to increase your dietary fiber gradually to meet your recommended daily level. Sudden dietary changes can lead to gastrointestinal upset, even when you're making a change to support better health.

One approach is to add a few servings of fiber-rich foods like whole grains, beans, fruit, and vegetables each week to work toward meeting your goal.

Expanding your variety is as important as increasing the total amount of dietary fiber. Start by adding foods like banana and psyllium hulls that are sources of soluble fiber, known for supporting digestive balance.

Also include foods like flaxseed, oats, and wheat germ that promote digestive regularity because they're rich in insoluble fiber (3).

While IsaLean Shake is already an excellent source of fiber, adding a nutritious fiber boost to your shake can bring more variety to Shake Days and help you meet your goals. Try your shake with these additions to increase your daily fiber and contribute to greater digestive balance.

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Shake Addition	Calories	Total Fiber (grams)	Soluble Fiber	Insoluble Fiber
Almonds (6 whole)	40	0.5	<0.5	0.5
Flaxseed (1 tablespoon)	55	3	1	2
Apple (1 small)	80	3	1	2
Banana (½ small)	50	1.5	0.5	1
Blueberries (¾ cup)	60	1.5	0.5	1
Psyllium hull (1 teaspoon)	20	5	3	2
Instant oats (1/3 cup dry)	100	3	1.5	1.5
Wheat germ (3 tablespoons)	80	4	1	3

References

1. King DE, Mainous AG 3rd, Lambourne CA. Trends in dietary fiber intake in the United States, 1999-2008. *J Acad Nutr Diet.* 2012 May;112(5):642-8.
2. Institute of Medicine, Food Nutrition Board. Dietary Reference Intakes for Energy, Carbohydrates, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids. Washington, DC: The National Academies Press; 2005.
3. McRorie JW Jr. Evidence-Based Approach to Fiber Supplements and Clinically Meaningful Health Benefits, Part 1: What to Look for and How to Recommend an Effective Fiber Therapy. *Nutr Today.* 2015 Mar;50(2):82-89.
4. Li BW, Andrews, KW, Pehrsson PR. Individual sugars, soluble, and insoluble dietary fiber contents of 70 high consumption foods. *Subtropical plant science.* 2002 Dec; 15 (6): 715-723.
5. US Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Release 28.

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