

MICROBIOME DIVERSITY FIBER FACTS — QUICK REFERENCE GUIDE

What is a serving of produce?

- ½ cup of chopped produce — about what can fit in one cupped palm of an adult hand or a paper cupcake liner; or about the size of a light bulb.
- 1 cup leafy produce — about the size of an adult fist.



On average, a serving of produce has about 4 grams of fiber.

Daily fiber intake

- Gradually increase daily fiber to avoid digestive distress.
- Add about one serving of produce each day per week and about three new produce items each week until you hit your goal.
- Keep rotating through 12–21 different kinds of produce and herbs daily.
- Spread fiber consumption throughout the day.

Fiber intake goals:

Consume 25–38 grams of fiber a day (roughly 14 grams per every 1,000 calories)

Women under 50	25 grams a day (6–7 servings a day)
Women over 50	21 grams a day (5–6 servings a day)
Men under 50	38 grams a day (9–10 servings a day)
Men over 50	30 grams a day (7–8 servings a day)



Prebiotic fibers:

Prebiotic fibers support healthy gut bacteria. Examples of prebiotic fiber include:

Asparagus	Leeks
Chicory root	Bananas
Garlic	Konjac root
Jerusalem artichoke	Burdock root
Jicama	Flax seeds
Onions	Seaweed
Yacon root	Apples



*Gradually increase your intake of prebiotic-rich produce until you are eating about 5–10 grams of prebiotic fiber a day.