THE HUNGER RESET FIBER HIERARCHY

BRENDA WATSON ND

Not all high-fiber foods are equally helpful when weight loss is the goal.

THE FIBER HIERARCHY helps you spot the foods that give you the most fiber for the least amount of sugar and starch — what I call Fiber Density.

START AT THE TOP. BUILD FROM THERE.

HIERARCHY OF FIBER

A practical guide to choosing foods that maximize fiber and satiety.

BUILD MOST MEALS FROM TIERS 1, 2 AND 3



CONTINUED...



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HOW TO USE THE FIBER HIERARCHY

Foods higher on the hierarchy give you a bigger fiber payoff for the amount of sugar and starch they contain. That's what I call fiber density. Use the hierarchy as a simple guide to make higher-fiber choices more often.



TIER 1 • FIBER CHAMPIONS

BUILD your meals around these.

• Leafy greens • Kale • Broccoli • Brussels sprouts • Collard greens • Green beans
• Mustard greens • Okra • Asparagus • Cabbage • Cauliflower • Mushrooms



TIER 2 • FIBER BOOSTERS

BOOST meals and snacks with these.

• Avocado • Chia seeds • Ground flaxseed • Basil seeds • Wheat bran
• Hemp hearts • Unsweetened coconut flakes



TIER 3 • STRATEGIC FIBER FOODS

BE STRATEGIC with portions.

• Artichokes • Blackberries • Raspberries • Edamame • Almonds • Green peas
• Jicama • Pecans • Kiwi • Sunflower seeds • Hearts of palm • Walnuts



TIER 4 • HIGHER-CARBOHYDRATE FIBER FOODS

BE SELECTIVE during active weight loss.

• Sweet potatoes • Quinoa • Brown rice • Beans • Lentils • Chickpeas
• Split peas • Oats • Wild rice • Cashews



TIER 5 • PREDOMINANTLY STARCHY FOODS

MINIMIZE. These foods provide little to no fiber for the amount of starch they contain.

• White rice • White bread • Pasta • Crackers • Chips • Pretzels • Bagels • English muffins
• Flour tortillas • Refined breakfast cereals • Rice cakes • Baked goods

BRENDA'S SHORTCUT

Think of this as your quick-start guide. When in doubt, move up the hierarchy. I'll show you how to put the Fiber Hierarchy to work throughout The Hunger Reset.

CONTINUED...



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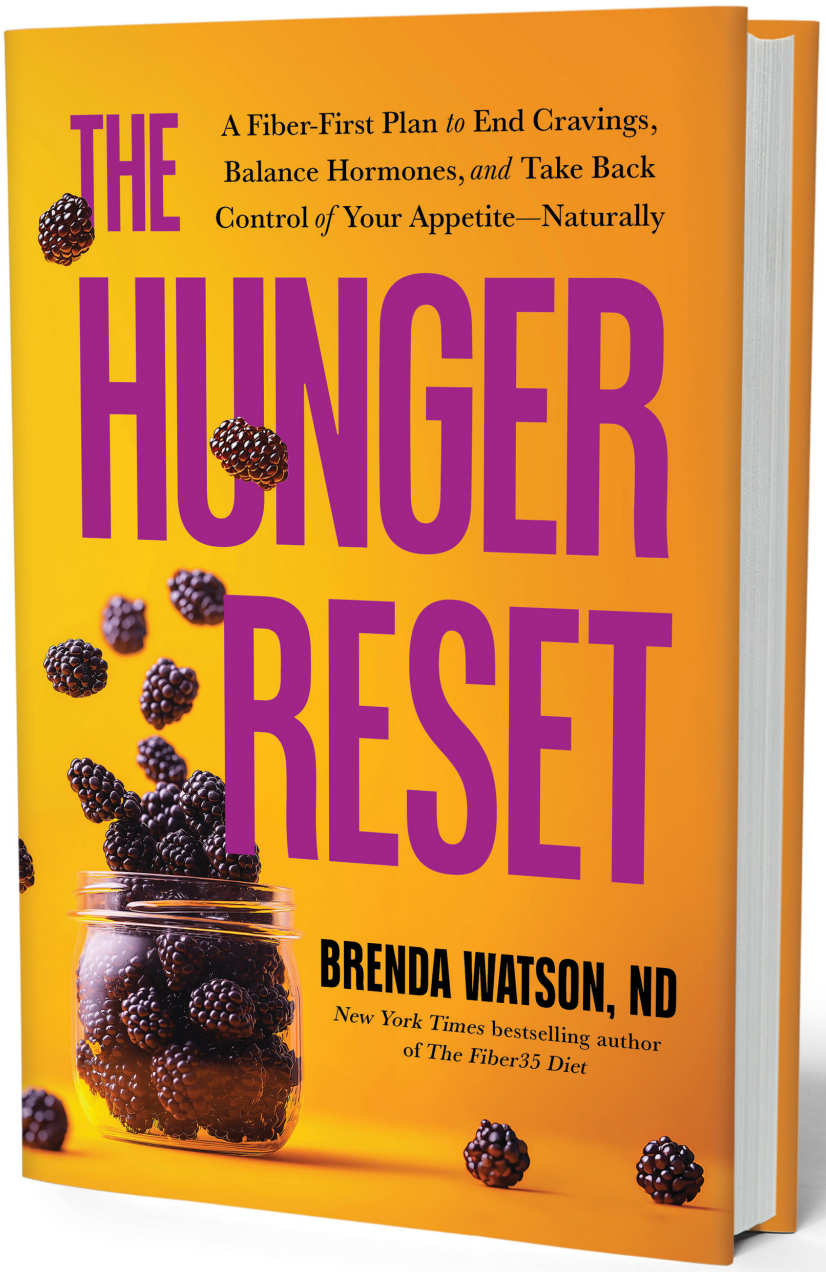
COMING APRIL 2027





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