

## Plant Based High Fiber Program Evidence Sheet

This program was created with the following key considerations in mind:

### High Fiber

This plan provides over 40 grams of dietary fiber daily from whole grain products, fruits, vegetables, lentils, beans, and nuts. Aiming for the recommended daily amount of fiber is beneficial for reducing [cholesterol](#) and [gastrointestinal cancer risk](#), adding bulk to the digestive tract, and promoting [blood sugar control](#) and [weight management](#).

### Low Sodium

Keeping your sodium intake low while increasing your fiber intake is important for overall blood pressure management. Dietary [guidelines](#) recommend consuming less than 2,300 milligrams per day as part of a healthy eating pattern. This plan meets the daily sodium limit and provides soluble fiber which has an overall lowering effect on [blood pressure](#) and reduces cardiovascular disease risk.

### Healthy Fats

This program contains unsaturated fats from [olive oil](#), walnuts, and sunflower seed butter. Nuts and seed butter are included daily as [research](#) shows it improves blood lipid levels.

### Calcium & Phosphorus

Calcium and phosphorus are essential in supporting bone growth and maintenance and a high-fiber diet can have a small impact on [calcium and phosphorus balance](#) in people with type 2 diabetes. This plan provides an adequate intake of these minerals from coconut yogurt, tofu, oats, tahini, and whole grain products.