

High Fiber Meals @ SDSU

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What is Fiber?

Fiber is a type of carbohydrate that the body cannot fully digest.

It comes in two main types: **soluble** and **insoluble**.

Found primarily in plant-based foods like fruits, vegetables, legumes, and whole grains.

Some fiber can be fermented by gut bacteria (mainly soluble fiber).

It adds bulk or thickness to foods and helps regulate digestion.



Why is Fiber Important?

Supports digestive health by promoting regular bowel movements.

Helps control blood sugar by slowing glucose absorption.

Lowers cholesterol and supports heart health.

Aids in weight management by increasing fullness and reducing overeating.

Feeds beneficial gut bacteria, supporting a healthy microbiome.

How Much Fiber Do I Need Daily?

Adult women (<50): **25 grams**

Adult men (<50): **38 grams**

Women 51+: **21 grams**

Men 51+: **30 grams**

Quick Rule of Thumb:

Aim for 10-13 grams of fiber per 1,000 calories eaten.



Soluble Vs. Insoluble Fiber

FEATURE	SOLUBLE FIBER	INSOLUBLE FIBER
Behavior in the Body	Dissolves in water & forms a gel-like substance	Does not dissolve in water, adds bulk to stool
Benefits	Lowers LDL (bad) cholesterol, helps control blood sugar, keeps you fuller longer	Promotes regular bowel movements, prevents constipation, supports gut health
Best For	Heart health, blood sugar control, appetite regulation	Digestion, stool regularity, prevents bloating
Common Food Sources	Oats, barley, beans, lentils, chia, flax seeds	Brown rice, nuts, broccoli, green beans

Broken Yolk

Location: South Campus Plaza



Acai Bowl
V, GF

Fiber: 13 grams

Fiber Sources:
Acai, Berries, Banana



Avocado Toast
VG, DF

Fiber: 17 grams

Fiber Sources:
Bread & Avocado



Steel Cut Oats
V, GF

Fiber: 10 grams

Fiber Sources:
Oats & Fruit

KEY

GF = Gluten-Friendly

DF = Dairy-Free

V = Vegan

VG = Vegetarian

Aztec Markets



Location: Multiple Campus Locations



Matcha Overnight Oats
V, GF, DF

Fiber: 21 grams

Fiber Sources:
Oats & Strawberries



White Bean & Kale Salad
VG, GF

Fiber: 20 grams

Fiber Sources:
Beans, Kale, Tomatoes



Lemon Broccoli
Chicken Bowl DF

Fiber: 19 grams

Fiber Sources:
Broccoli, Pasta, Bell Pepper

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Aztec Markets



Location: Multiple Campus Locations



Falafel Wrap VG

Fiber: 8 grams

Fiber Sources:

Falafel & Spinach Tortilla



Grilled Vegetable & Hummus Wrap VG, GF

Fiber: 7 grams

Fiber Sources:

Tortilla, Zucchini, Bell Pepper



Chocolate & Banana Overnight Oats VG, GF

Fiber : 18 grams

Fiber Sources:

Oats, Banana, Chia Seeds

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The Grill

the grill

Location: Aztec Terrace Grill

at Aztec Shops Terrace



Avocado Toast
VG, DF

Fiber: 6 grams

Fiber Sources:
Bread & Avocado

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University Towers Kitchen

Location: University Towers



Veggie Stir Fry
V, GF, DF

Fiber: 12 grams

Fiber Sources:
Tofu, Whole Grain Medley, Veggies



Latin Bowl
VG, GF

Fiber: 11 grams

Fiber Sources:
Black Beans & Whole Grain Medley



Black Bean Burger
VG, DF

Fiber: 11 grams

Fiber Sources:
Bean Patty & Veggies

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University Towers Kitchen

Location: University Towers



Vegan Breakfast Bowl
GF, DF, V

Fiber: 27 grams

Fiber Sources:
Tofu, Yams, Beans



Asian Salad
V

Fiber: 8 grams

Fiber Sources:
Tofu, Salad Mix, Bell Pepper



Veggie Sandwich
VG

Fiber: 6 grams

Fiber Sources:
Tomato, Mushroom, Bell Pepper

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Halal Shack



Location: Charles B. Bell Jr. Pavilion



Hummus Bowl



Rice Bowl



OR



Salad

OR

Pita Wrap

BYO Meal

Fiber: 10-25 grams

Fiber Sources:

Black Beans, Chickpeas, Falafel

** Everything is build-your-own, but students can choose from fiber options such as chickpeas, black beans, and falafel.

Eureka!

Eureka!

Location: South Campus Plaza



Ahi Tuna Poke Stack
DF

Fiber: 5 grams

Fiber Sources:
Avocado & Mango



Seared Salmon
GF

Fiber: 6 grams

Fiber Sources:
Green Beans & Potatoes



Crispy Glazed Brussels Sprouts
VG

Fiber: 7 grams

Fiber Sources:
Brussels Sprouts

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Sushi One N Half

Location: South Campus Plaza



BYO Poke Bowl
V, DF, GF

BYO Meal

Fiber: 10-25 grams

Fiber Sources:

Quinoa, Tofu, Chickpeas, Edamame

** Everything is build-your-own, but students can choose from fiber options such as tofu, chickpeas, and edamame.

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Habit Burger

Location: Conrad Prebys Aztec Student Union



Chicken Club Sandwich

Fiber: 6 grams

Fiber Sources:
Bread & Veggies



Veggie Burger
VG

Fiber: 6 grams

Fiber Sources:
Veggie Patty, Bun, Veggies



Harvest Chopped
GF

Fiber: 6 grams

Fiber Sources:
Kale, Apple, Squash

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Shake Smart



Location: Multiple Campus Locations



Tuna Salad Wrap

Fiber: 13 grams

Fiber Sources:
Tortilla & Veggies



All Shakes

Fiber: 5-10 grams

Fiber Sources:
Plant Protein Powder, Fruit



Raw-PB Bowl
VG

Fiber: 7 grams

Fiber Sources:
Banana, Acai, Granola

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Shake Smart



Location: Multiple Campus Locations



Veggie Delight Wrap
VG, DF

Fiber: 15 grams

Fiber Sources:

Tortilla & Veggies



Peanut Butter Toast
VG, DF

Fiber: 8 grams

Fiber Sources:

Wheat Bread, Banana

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Which Wich



Location: South Campus Plaza



Regular Black Bean Patty

VG

Fiber: 8 grams

Fiber Sources:

Black Bean Patty & Veggies



Caprese Sandwich

VG

Fiber: 4 grams

Fiber Sources:

Tomato & Bread



Large Hummus Sandwich

VG

Fiber: 6 grams

Fiber Sources:

Hummus, Bread, Veggies

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Subway



Location: Charles B. Bell Jr. Pavilion



6 Inch Turkey Sandwich

Fiber: 6 grams

Fiber Sources:

Wheat Bread, Avocado, Veggies

KEY

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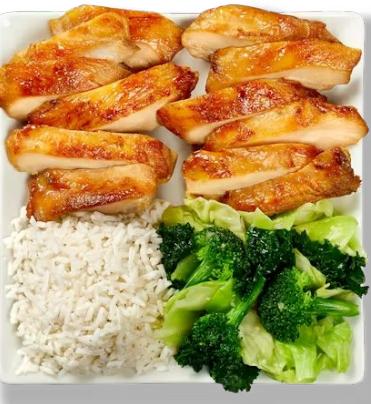
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Panda Express

Location: Charles B. Bell Jr. Pavilion



Protein Plate

DF

Fiber: 10 grams

Fiber Sources:

Brown Rice, Broccoli, Cabbage



Brown Rice + Kung Pao

Bowl DF

Fiber: 5 grams

Fiber Sources:

Brown Rice, Bell Pepper, Zucchini



BYO Plate

DF

Fiber: 14 grams

Fiber Sources:

Broccoli, Cabbage, Green Beans

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Rubio's

Location: Charles B. Bell Jr. Pavilion



Mahi Mahi Burrito

Fiber: 9 grams

Fiber Sources:
Beans, Tortilla, Rice



Bean and Cheese Burrito
VG

Fiber: 13 grams

Fiber Sources:
Beans & Tortilla



Shrimp Rainbow Bowl
GF

Fiber: 13 grams

Fiber Sources:
Beans, Corn, Avocado

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Rubio's

Location: Charles B. Bell Jr. Pavilion



Chicken California Bowl
GF

Fiber: 9 grams

Fiber Sources:
Beans, Cabbage, Avocado



Burrito Especial with
Chicken

Fiber: 15 grams

Fiber Sources:
Avocado, Beans, Tomato



Mexican Street Corn Bowl
VG, GF

Fiber: 12 grams

Fiber Sources:
Black Beans, Rice, Corn

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Questions?

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SDSU Dining Registered Dietitian

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Book an appointment to learn more about navigating dietary needs and food options on SDSU's campus.

eatatsdsu.com/Dietary-Consultations



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