The Incredible Bulk

You know that fiber is a filler-upper, but here's a new reason to get more roughage: In a recent study, people who ate 20 grams or more a day were 24 percent less likely to die during a 13-year period versus those who consumed fewer than 16 grams a day. Power up your next meal with these fiber-rich superfoods, suggests Dawn Jackson Blatner, R.D., a FITNESS advisory board member and the author of The Flexitarian Diet.

**Pears**
(5 grams per piece)
For a treat that only tastes like a splurge, mist two pear halves with nonstick cooking spray and broil them for two minutes a side. Dollop with low-fat Greek yogurt and drizzle with honey.

**Avocados**
(14 grams per piece)
Sure, guac rocks, but half an avocado can also make your smoothie extra creamy. Bonus: Throw in raspberries or blackberries, both of which pack about 8 grams of fiber per cup.

**Lentils**
(8 grams per half cup)
Sauté lentils—which you can cook in less than 30 minutes or buy canned—with lean ground turkey and taco seasoning, then serve in tortillas with lettuce, tomato and cheddar.

Brown Bag Benefit
Want to lose weight? Get packing—your lunch, that is. Women who went out for lunch once a week or more lost an average of five fewer pounds over the course of a year than those who ate out less frequently.

Source: Journal of the Academy of Nutrition and Dietetics