

# Fiber Diversity Decision Guide

Use this when you want a faster answer to one question:

**Should your next move be more fiber variety, slower symptom control, or a different kind of gut support altogether?**

## Better Fit Signals for More Variety

- you rely on the same few fiber foods every week
- your gut usually tolerates gradual plant-food changes reasonably well
- you want a food-first microbiome step before a supplement experiment
- the issue is narrow diet repetition rather than obvious symptom flare from fermentable foods

## Caution Signals

- high-fiber pushes already leave you bloated or overly full
- IBS, FODMAP sensitivity, or constipation overlap is still active
- you are trying to fix symptoms by adding several new plant foods at once
- the "diversity" plan is becoming harder than your normal routine can sustain

## Quick Routing

### Choose fiber variety first when:

- you want a broader food pattern
- symptoms are relatively calm
- you can add one or two new categories gradually

### Choose symptom control first when:

- bloating, pressure, or noisy digestion are already loud
- you need clearer pattern sorting before adding more fermentable foods

### Choose constipation-focused support when:

- stool form and stool frequency are the dominant issue
- you need a more targeted bowel-pattern strategy

## Bottom Line

Fiber diversity is helpful when it makes your weekly food pattern broader and more repeatable. It is not helpful when it becomes another way to overwhelm a sensitive gut.