



Tips to Increase Dietary Fiber

How much fiber should I have in a day?

- The typical American diet only contains about 10-15 grams of fiber daily.
- Women should aim for 21-25 grams and men should aim for 30-38 grams daily.
- Add fiber slowly to your diet if you do not eat a diet high in fiber-rich foods and include water (at least 6 glasses a day), otherwise you can develop gas, bloating, diarrhea or constipation.

Here are some tips for adding high fiber foods to your diet:

- Eat **2-4 cups** of fruits every day.
 - Choose fresh or frozen fruit instead of juice, canned or peeled fruit.
 - Have fruit as a snack between meals, such as a banana, pear or apple.
 - Add fruit to cereals, salads, yogurt or cottage cheese.
- Eat **3 or more cups** of vegetables every day.
 - Choose fresh vegetables instead of canned.
 - Frozen vegetables (without sauce) are just as good as fresh to have on hand.
 - Add lettuce, tomatoes and other vegetables to sandwiches.
 - Use vegetables in a stir-fry or cut up fresh vegetables and enjoy with dip.
- Eat **at least 3 ounces** of whole grain every day.
 - Choose cereals with 5 grams or more of fiber per serving.
 - Choose whole grain breads with 3 grams or more of fiber per serving.
 - The first ingredient in breads and cereals should be 'whole grain' or 'whole wheat'.
 - Choose brown rice, wild rice, barley, or quinoa instead of white rice.
 - Add oat or wheat bran when baking muffins, cookies, pancakes, waffles or meatloaf.
 - Add wheat germ to yogurt or hot cereal.



- Eat **at least ½ cup** of beans, peas, potatoes with skin, or corn a few times a week.
 - Beans can be a replacement for animal protein in recipes.
 - Use cooked dry beans, peas or corn in soups, stews, side dishes, dips, casseroles, salads and pastas.
 - Add beans, peas or corn to tacos, burritos or rice.
 - Use cooked and cooled unpeeled potatoes or whole grain pasta to make salads.
- **Mix-in high fiber** items every day.
 - Add nuts or seeds to breakfast cereal, yogurt, salads, and desserts.
 - Pack a small handful of nuts or add dried fruit to trail-mix for snack.
 - To incorporate a new flavor to your dinner plate: add avocado to salsa, make guacamole dip, grill or bake squash.
 - Edamame can be steamed, boiled, or eaten as a fiber-rich appetizer.
- Eat **fiber-enriched foods** such as yogurt, cereal, pasta, and high fiber soups. Look for these foods at grocery stores. Easy ways to add fiber to your diet.



Sample Menu with 40 grams fiber

| Breakfast | Lunch | Dinner |
|--|---|--|
| 1 cup low fat yogurt with <ul style="list-style-type: none"> • 1 Tbsp honey & • 2 tbsp wheat germ • ½ chopped banana • 2 tbsp chopped walnuts 2 slices whole wheat toast with 1 tbsp natural peanut butter | Chef Salad: <ul style="list-style-type: none"> • 2 cups mixed greens • ½ cup raw broccoli • ½ cup chopped carrot • 1 sliced tomato • ½ cup kidney beans • 1 oz turkey bacon chopped • 1 oz low fat cheese • 2 tbsp light dressing 1 toasted whole grain roll 1 cup chopped orange, apple and pear slices | Spaghetti: <ul style="list-style-type: none"> • 3 oz. ground turkey breast, cooked and drained • ½ cup meatless spaghetti sauce • ½ cup grated zucchini and ½ cup mushroom sautéed in 2 tsp. olive oil • 1 cup whole wheat noodles 1 cup steamed green beans with lemon pepper 1 medium fresh peach |
| Total Fiber: 12 g | Total Fiber: 17g | Total Fiber: 11g |