
Tips to Increase Dietary Fiber

How much fiber should I have in a day?

- Men over the age of 50 should aim for 30 grams daily, while men under the age of 50 should aim for 38 grams daily.
- Women over the age of 50 should aim for 21 grams daily, while women under the age of 50 should aim for 25 grams daily.

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 or canned fruit.
 - Eat the skin! The skin of the fruit contains most of the fiber.
 - Add fruit to cereals, salads and yogurt, or have it as a snack in between meals.
- Eat **3 or more cups** of vegetables every day.
 - Choose fresh vegetables instead of canned.
 - Frozen vegetables have fiber and keep for much longer than fresh vegetables. Have some in your freezer at all times.
 - Add lettuce, tomatoes and other vegetables to sandwiches.
 - Use vegetables in a stir-fry with brown rice or cut up fresh vegetables and enjoy them with humus.
- Eat **at least half** of your grains as whole grains.
 - Choose cereals with 5 grams or more of fiber per serving.
 - Choose whole grain breads with 3 grams or more of fiber per slice.
 - The first ingredient in breads and cereals should be ‘whole wheat,’ not ‘enriched wheat flour.’
 - 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.



- Experiment with other sources of fiber such as **beans, nuts and seeds**.
 - Beans can be a replacement for animal protein in recipes.
 - Add beans to rice, soups and stews.
 - 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.
 - Edamame can be steamed, boiled, or eaten as a fiber-rich appetizer.
- Make sure you **drink plenty of water** when increasing fiber intake.
 - Fiber absorbs water in the intestines, giving the stool a soft texture.
 - Without enough water, the fiber will cause constipation. This is the opposite of what it is supposed to do!
 - Aim for at least 8 glasses of water per day.



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 with <ul style="list-style-type: none"> • 1 Tbsp natural peanut butter Total Fiber: 12 g	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 Total Fiber: 17g	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: 11g