Tips to Increase Dietary Fiber

How much fiber should I have in a day?
- Women should consume 25 grams of fiber per day
- Women over age 50 should consume 21 grams of fiber per day
- Men should consume 38 grams of fiber per day
- Men over age 50 should consume 30 grams of fiber per day
- The typical American only eats 10 – 15 grams of fiber daily

Add fiber into your diet slowly and be sure to drink at least 8 cups of water a day. This will help limit gas, bloating, diarrhea, or constipation.

Tips for adding more fiber into your diet:

- **Fruit (eat 2 – 4 servings per day)**
  - Choose fresh or frozen fruit when possible
  - Have a banana, or a pear, or an apple as a snack between meals
  - Add fruit to cereal, salads, yogurt, or cottage cheese
  - Eat the whole fruit instead of drinking fruit juice

- **Vegetables (eat 3 or more servings per day)**
  - Choose fresh or frozen vegetables (without added sauce)
  - Add lettuce, spinach, tomatoes, and onion to sandwiches
  - Add additional vegetables to stews, soups, stir-fries, or casseroles
  - Add grated vegetables to sauces or casseroles
  - Enjoy fresh vegetables like cucumbers, bell peppers, jicama, carrots, and/or celery with a bean-based dip (like hummus) as a snack
  - Leave the skin on potatoes

- **Whole Grains (eat at least 3.5 ounces per day)**
  - Choose breakfast cereals with at least 5 grams of fiber per serving
  - Choose multi or whole grain breads with at least 3 grams of fiber per serving
  - Choose brown rice, wild rice, quinoa, or barley instead of white rice
  - Choose whole wheat pasta instead of white pasta
  - Add oat bran or wheat bran when making muffins, cookies, pancakes, or waffles
  - Add wheat germ to yogurt or hot cereal

- **Beans (eat a ½ cup serving 2-3 times per week)**
  - Beans can be used in place of animal protein in many recipes, for example make black bean tacos instead of ground beef tacos
• Add black beans, kidney beans, or pinto beans to soups, stews, and salads
• Enjoy vegetables or whole wheat crackers with a bean-based dip (like hummus) as a snack

• Nuts and Seeds (eat 1 ounce 2-3 times per week)
  o Add nuts or seeds to breakfast cereal, yogurt, salads, or desserts
  o Choose almonds, walnuts, or pistachios as a snack
  o Add 1-2 Tbsp chia seeds to yogurt, oatmeal, or pudding

• Cooking tips:
  o Fiber can be broken down at high temperatures, quickly steaming fruits and vegetable can help reduce the amount of fiber lost
  o When baking, use half whole wheat flour and half white flour
  o Keep the skin on fruits and vegetables, its packed with fiber!

### Sample menu with (40.5) grams of fiber

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Snack</th>
<th>Dinner</th>
<th>Snack</th>
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</thead>
<tbody>
<tr>
<td>2 eggs</td>
<td>Salad: 3 oz spring mix (2g), ½ cup brown rice (1.8g), ½ cup cucumber, ½ cup chopped bell peppers (1.2g), ½ cup chickpeas (6g), and 1 oz sunflower seeds (3g) with 2 Tbsp Italian dressing</td>
<td>1 oz almonds (3.5g) Water</td>
<td>4 oz chicken breast, baked or grilled ½ cup brown rice 1 cup broccoli, steamed (2.5g) ½ cup strawberries (1.7g) with ½ cup blueberries (1.8g)</td>
<td>3 cups Air popped popcorn Water</td>
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<td>2oz turkey sausage</td>
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<td>2 slices whole wheat toast (4g) with 2 Tbsp peanut butter (1.5g)</td>
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<td>1 medium banana (3g)</td>
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<td>Coffee/ tea and Water</td>
<td>Water or unsweet tea</td>
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Fiber: 8.5 g 14 g 3.5 g 11g 3.5g