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# Tips to Increase Dietary Fiber

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## 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)**
  - Add nuts or seeds to breakfast cereal, yogurt, salads, or desserts
  - Choose almonds, walnuts, or pistachios as a snack
  - Add 1-2 Tbsp chia seeds to yogurt, oatmeal, or pudding
- **Cooking tips:**
  - Fiber can be broken down at high temperatures, quickly steaming fruits and vegetable can help reduce the amount of fiber lost
  - When baking, use half whole wheat flour and half white flour
  - Keep the skin on fruits and vegetables, its packed with fiber!

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

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