



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