

How To Eat Enough Fiber Every Day (High-fiber Diet)

Fiber

It is important to eat enough fiber every day. Eating foods high in fiber can help lower your cholesterol levels and help prevent constipation and hemorrhoids.

Fiber may also help prevent colon problems and reduce your risk for diabetes. Fiber absorbs water in your colon. This leads to a larger, bulkier and softer stool that passes through the colon with ease. A softer stool is more easily eliminated with less straining.

There are two types of fiber.

- **Insoluble fiber** does not dissolve in water (wheat bran, whole grains, blueberries, broccoli, Brussels sprouts, sweet potatoes).

Bean and Legumes (as Desired)

7.5 grams of fiber per serving:

| Food | Serving | Food | Serving |
|---|---------|------------------|---------|
| brown, kidney, lima, pinto or white beans | ½ cup | lentils (cooked) | ½ cup |

Fruits (Two or More Servings Each Day)

2 grams of fiber per serving:

| Food | Serving | Food | Serving |
|-------------------|----------|----------------|---------------|
| apple | ½ medium | pear (raw) | ½ medium |
| banana | 1 small | pears (canned) | ½ cup |
| blueberries | ½ cup | prunes | 2 medium |
| cantaloupe | 2 cups | raisins | 3 tablespoons |
| cranberries (raw) | ¼ cup | strawberries | ⅔ cup |
| figs | 2 medium | watermelon | 3 cups |

- **Soluble fiber** forms a gel when mixed with water (dried beans, lentils, oats, apples, oranges, cabbage, green beans and squash).

You should eat 25 to 30 grams of fiber every day. Read the nutrition facts label to see how much fiber is in your food. Foods considered high in fiber have at least 2 grams of fiber per serving.

To reach your fiber goal, eat well-balanced meals and snacks that include a lot of fresh fruits and vegetables, whole-grain breads and cereals, and unprocessed bran. It is also important to drink at least six to eight 8-ounce glasses of water and juice every day.

(over)

Vegetables (Three or More Servings Each Day)

2 grams of fiber per serving:

| Food | Serving | Food | Serving |
|----------------------|---------|------------------------|---------|
| broccoli (cooked) | ½ cup | potato (baked) | 1 small |
| Brussels sprouts | ⅓ cup | summer squash (cooked) | 1 cup |
| cauliflower (cooked) | ⅔ cup | sweet corn (cooked) | ¼ cup |
| cauliflower (raw) | 1 cup | sweet potato | ½ cup |
| green beans (cooked) | ½ cup | winter squash (cooked) | ⅓ cup |

Grains (Six to 11 Servings Each Day — at Least Half Should be Whole Grains)

Read the nutrition facts label to know the serving size and amount of fiber per serving. It is also important to read the ingredients list to make sure “whole” is first on the list.

2 grams of fiber per serving:

| Food | Serving | Food | Serving |
|------------|---------|-------------------|---------|
| brown rice | ½ cup | whole-grain bread | 1 slice |

The following can range from 5 to 8 grams of fiber or more per serving:

| Food | Serving | Food | Serving |
|----------------------|---------|-----------------|---------------|
| All Bran® | ⅓ cup | Shredded Wheat® | 3 biscuits |
| oats (old-fashioned) | ½ cup | wheat bran* | 5 tablespoons |

*Add unprocessed wheat bran to your diet by starting with 1 tablespoon each day.

In 7 days, increase the amount by 2 teaspoons each day until you are using 2 to 3 tablespoons each day. Mix the wheat bran with juice, cereals, mashed potatoes, ice cream or yogurt, or sprinkle on top of a salad.

Other (as Desired)

1 gram of fiber per serving:

| Food | Serving | Food | Serving |
|-----------------------------|------------|--------------------|---------------------------|
| almonds, peanuts or walnuts | ¼ cup | rye wafer crackers | 1 wafer cracker (1 ounce) |
| flaxseed (ground) | 1 teaspoon | sunflower seeds | ¼ cup |
| popcorn (popped) | 3 cups | tomato sauce | ½ cup |