

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 2 types of fiber.

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

- **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.

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 (2 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

(over)

Vegetables (3 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 (6 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’re 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