



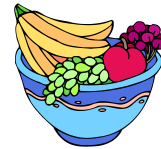
Tips to Increase Dietary Fiber

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