
Tips to Increase Dietary Fiber

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

Breakfast	Lunch	Snack	Dinner	Snack
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