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# Tips to Increase Dietary Fiber

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## How much fiber should I have in a day?

- Women should aim for 25 grams of fiber daily
- Women over age 50 should aim for 21 grams of fiber daily
- Men should aim for 38 grams of fiber daily
- Men over age 50 should aim for 30 grams of fiber daily
- The typical American only eats 10 – 15 grams of fiber daily

Add fiber to your diet slowly and drink plenty of water. If you add fiber to your diet too quickly you may develop gas, bloating, diarrhea, or constipation

## Tips for adding more fiber to your diet:

- **Fruit (eat 2 – 4 servings of each 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
  - Use avocado as topping for eggs, entrees, or salad
- **Vegetables (eat 3 or more servings each day)**
  - Choose fresh or frozen vegetables when possible
  - Select frozen vegetables without added sauce or seasonings
  - Add lettuce or spinach, tomatoes, and onion to sandwiches
  - Add additional vegetables to recipes for stews, soups, stir-fries, 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 ounces each day)**
  - Choose cereal with at least 5 grams of fiber per serving
  - Choose whole grain breads with at least 3 grams of fiber per serving
  - Choose brown rice, wild rice, quinoa, or barley in place 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 at least a few times a 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 beans to soups, stews, and salads
- **Nuts and Seeds (eat 1 ounce at least a few times per week)**
  - Add nuts or seeds to breakfast cereal, yogurt, salads, or desserts
  - Choose nuts as a snack

**Sample menu with 40 grams of fiber**

<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>	<b>Snack</b>
1 cup plain low-fat Greek yogurt with: 1 tsp honey ½ banana, sliced 2 Tbsp walnuts, chopped 1 tsp cinnamon  2 slices whole wheat toast with 1 Tbsp of natural peanut butter  Coffee or tea Water	1 medium sweet potato, with skin, baked topped with: ½ cup black beans 2 Tbsp salsa 1 oz avocado  Water or unsweet tea	1 oz almonds  Water	4 oz chicken breast, baked or grilled  ½ cup brown rice  1 cup broccoli, steamed  ½ cup strawberries with ½ cup blueberries  Water	3 cups air popped popcorn  Water
Fiber: 8 g	14 g	3.5 g	11 g	3.5 g