

Fiber and Your Diet

What is fiber and why is a high-fiber diet important?

- Fiber is the undigested portion of plant foods that passes through the digestive system
- Helps food substances move through your digestive system
- Holds water and helps soften stools, which can keep you regular

How can I change my diet to add more fiber?

Your recommended fiber intake is _____ grams per day. Slowly increase the amount of fiber in your diet over several weeks. To add more fiber to your diet, reference the quick guide on the next page, and try these tips:

- Eat more fresh **fruits and vegetables**.
- Eat more **whole grains** by replacing white bread, rice, and pasta with whole wheat or brown rice varieties.
- Incorporate more **legumes**, such as beans or lentils, into your diet.
- Substitute **whole wheat flour** for white flour in recipes.
- Sprinkle **seeds or oatmeal** in yogurts and cereals.

Although fiber can help reduce constipation, it can also cause gas and cramping, or make these symptoms worse. Speak with your doctor about whether a fiber supplement is needed.

If you have questions, a Registered Dietitian is available to help.

Call (508) 852-6175 or 1-888-392-0183

Fiber Quick Guide

<u>Food</u>	<u>Serving Size</u>	<u>Total Fiber (grams)</u>
<i>Vegetables (2-3 servings daily)</i>		
Broccoli	½ cup	4
Carrots	½ cup	2
Corn	½ cup	7
Green Peas	½ cup	3
Potato	½ cup	2
Green/String Beans	½ cup	2
<i>Fruits (2-3 servings daily)</i>		
Apple (with peel)	1 medium	4
Banana	1 medium	2
Pear	1 medium	5
Prunes	1/2 cup	6
Raspberries	1 cup	6
Strawberries	1 cup	3
<i>Breads, grains and beans</i>		
Rye/Whole Wheat Bread	1 slice	2
Macaroni or Egg Noodles	2 oz.	1
Rice, White	½ cup	1
Rice, Brown	½ cup	6
Bran	1 oz.	8
Oat Bran (cooked)	1 oz.	2
Shredded Wheat	1 oz.	3
Fiber One	½ cup	13
Wheaties/Cheerios	1 cup	3
Beans (navy, red, kidney)	½ cup	8
Lentils	½ cup	5