

A High-Fiber Diet

The Key to a Better You

A high-fiber diet offers a multitude of benefits, from combating constipation and diverticulosis to managing irritable bowel syndrome, high cholesterol, and diabetes.

To start your journey toward a healthier you, gradually increase your fiber intake. This will allow your body to adapt smoothly. Additionally, remember to stay hydrated by drinking plenty of fluids as you add fiber to your diet.

The change to a high-fiber diet includes a shift toward whole foods and plant products and away from highly processed and refined foods and animal products.

Small changes you can start making today include:

- Eating high-fiber cereal for breakfast with some fresh fruit.
- Eating whole-grain bread such as whole wheat bread.
(Check the label for whole wheat or whole grain.)
- Choosing whole-grain products such as brown rice and whole-wheat pasta.
- When baking, replace white flour with whole wheat flour. Add bran cereal or wheat bran to baked products.
- Add beans, peas, and lentils to your diet.
- Eat fresh and dried fruits. Figs, prunes, and raspberries have the highest fiber content.
- Choose green leafy vegetables such as spinach, kale, and broccoli.
(Typical lettuce salad is a poor choice as it is mostly water.)
- Eat at least five different servings of fruits and vegetables per day.

A HIGH-FIBER DIET

Your goal should be to gradually increase the fiber in your diet to about 30 grams per day.

Each of the following foods contains 5 or more grams of fiber.

- 5 dried prunes
- 1/3 cup of All-Bran® or Fiber One®
- 1 cup blueberries
- 1/2 cup of cooked barley
- 1/2 cup dried beans, peas, or legumes
- 1/2 cup of fresh, frozen, or canned green peas
- 10 pods of snow peas
- 1/2 cup of stewed prunes
- 1 cup of whole-wheat pasta
- 1 medium raw pear
- 1 ounce of almonds
- 3 cups of air-popped popcorn
- 1 medium raw apple with skin

The following foods have 2-4 grams of fiber:

- 1/2 of a cooked potato with skin
- 1/2 cup of cooked brown rice
- 1/2 cup of fresh or frozen broccoli
- 1/2 cup of Grape-Nuts Flakes
- 1/2 cup of raw carrots
- 1/3 cup of bite-size Shredded Wheat
- 1 slice of whole wheat bread
- 1 small bran muffin
- 3 graham wafers
- 2 tablespoons of smooth or crunchy peanut butter
- 1/2 cup of oatmeal

Remember to drink plenty of liquids when adding fiber to your diet. You should drink at least six to eight 8-ounce cups of fluids per day (alcohol and caffeine-containing drinks don't count).

FIBER SUPPLEMENTS

Your doctor may advise the use of fiber supplements if you are finding it difficult to get enough fiber in your diet. Fiber supplements contain plant fiber that helps normalize bowel function by providing the bulk necessary to regulate both constipation and diarrhea. These supplements are available over the counter. Keep in mind to always take them with plenty of fluids, as directed.

Have questions? Contact our team anytime at [\(715\) 847-2558](tel:7158472558).

