

HIGH-FIBER DIET



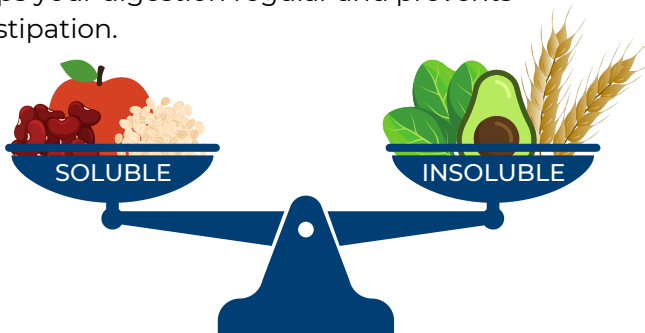
DIET TIPS & GUIDANCE

Fiber is a vital nutrient that supports your digestive health, manages weight and may even lower the risk of heart disease. Found primarily in whole foods and plant-based products, fiber keeps your digestive system running smoothly, can provide long-lasting energy and helps you feel full longer.

TYPES OF FIBER





Soluble Fiber (e.g., oats, apples and beans):
Reduces cholesterol and balances blood sugar.

Insoluble Fiber (e.g., whole grains and vegetables):
Keeps your digestion regular and prevents constipation.



Both are equally important, so aim for a mix in your diet!

BENEFITS OF A HIGH-FIBER DIET

-  **Supports Digestive Health**
Fiber keeps you regular, preventing constipation and diverticulosis and promoting a healthy gut microbiome.
-  **Weight Management**
Fiber-rich foods help you feel full, reducing overeating and supporting healthy weight loss or maintenance.
-  **Lowers Cholesterol Levels**
Soluble fiber plays a big role in reducing LDL (bad) cholesterol, which improves heart health.
-  **Balances Blood Sugar**
Fiber slows down the absorption of sugar, helping to stabilize blood sugar levels.

TIPS FOR STARTING A HIGH-FIBER DIET

Increase Slowly

Gradually add fiber to your diet to avoid bloating or gas. Aim to increase the fiber in your diet to about 30 grams per day.

Stay Hydrated

Fiber absorbs water, so drinking plenty helps your body process fiber. Plan to drink at least six to eight 8 oz. cups of fluids daily (alcoholic and caffeinated drinks don't count).

Balance Your Meals

Swap chips for fresh veggies with hummus or grab a handful of nuts during the day.

Snack Smart

Combine high-fiber foods with proteins and healthy fats for a well-rounded meal.

Plan Ahead

Prepare fiber-rich meals for the week to stay on track even during busy days.



FIBER SUPPLEMENTS

Your doctor may advise the use of fiber supplements if you find 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.

NEED MORE HELP?

Schedule your appointment today.

 715.847.2558

 giassoc.org

WHAT ARE SOME HIGH-FIBER FOODS?

There are a variety of high-fiber foods, from fruits and vegetables to whole grains, legumes and nuts & seeds. Incorporating these nutrient-packed options into your meals while reducing processed foods and animal products can help you feel your best.

EACH OF THE FOLLOWING FOODS CONTAIN 5 OR MORE GRAMS OF FIBER

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

THE FOLLOWING FOODS CONTAIN 2-4 GRAMS OF FIBER

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

SIMPLE MEALS, SNACKS & TIPS TO BOOST YOUR FIBER INTAKE:

ADD BRAN CEREAL OR WHEAT BRAN TO BAKED GOODS



SWAP WHITE FLOUR FOR WHOLE WHEAT FLOUR FOR BAKING



HIGH-FIBER CEREAL WITH FRESH FRUIT



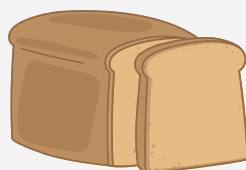
BROWN RICE AND WHOLE-WHEAT PASTA



EAT ≥ 5 SERVINGS OF VEGETABLES AND FRUIT DAILY



WHOLE-GRAIN BREAD
*CHECK LABEL FOR "WHOLE WHEAT/GRAIN"



LEAFY GREENS (KALE, SPINACH, BROCCOLI)



FRESH AND DRIED FRUITS (FIGS, BERRIES)



NEED MORE HELP?

Schedule your appointment today.

715.847.2558

giassoc.org