

# Nine Steps to Increase Your Fiber

## 1. Eat More Fruit

Fruit is a good source of fiber that is high in nutrients and low in calories. Eat two to four servings of fruit every day. Try a variety of fruits in salads, desserts and smoothies.

Fruits	Grams of Fiber/Serving
Apple, 1 medium	3.0
Banana, 1 medium	1.8
Blackberries, fresh, 1 cup	6.6
Cantaloupe, 1 cup pieces	1.3
Kiwi, 2 medium	4.0
Orange, 1 medium	2.9
Pear, 1 medium	4.3
Prunes, ½ cup cooked	6.0
Strawberries, Fresh 1 cup	3.9
Blueberries, fresh 1 cup	3.3

## 2. Eat More Vegetables

Vegetables are also an excellent source of dietary fiber. Adults should eat three to five servings of vegetables each day. Eat them fresh, steamed, or roasted. Try to include a wide variety of kinds and colours.

Vegetables	Grams of Fiber/Serving
Brussels sprouts, ½ cup cooked	3.4
Broccoli, ½ cup cooked	2.0
Carrot, 1 medium	2.3
Green Peas, ½ cup cooked	2.2
Winter Squash, ½ cup baked	2.9
Sweep Potato, 1 med. baked	3.4
Potato, 1 medium	2.3
Tomato, 1 medium	1.6

## 3. Eat More Whole Grains

Grains are an excellent source of dietary fiber. Recent studies have shown that the regular use of whole grain breads and cereals can reduce the risk of both heart disease and cancer. When grains (white bread, pasta, white rice, etc.) are refined most of the fiber and protective benefit is lost. Choose whole grain breads and cereals over white or refined products whenever you can.

Bread and Grains	Grams of Fiber/Serving
Bran cereal, ¾ cup dry	5.0
Bran muffin	3.9
Brown rice, 1 cup cooked	3.3
Oatmeal, ⅔ cup cooked	2.6
Pancakes, three 4"	2.7
Pasta, ½ cup cooked	1.3
Shredded Wheat, 1 oz.	2.6
Wheaties, 1 cup	3.0
White bread, 1 slice	0.3
Wheat bread, 1 slice	1.6

## 4. Eat More Legumes

Legumes are the richest sources of fiber of any food group. They are also good sources of protein. When combined with grains and other foods, legumes are a high quality protein source and an excellent alternative to meat.

Legumes	Grams of Fiber/Serving
Black beans, 1 cup cooked	7.2
Chickpeas, 1 cup cooked	5.7
Chili beans, ½ cup cooked	6.0
Hummus spread, ⅓ cup	2.0
Lentils, 1 cup cooked	7.9
Pinto beans, 1 cup cooked	6.8
Three bean salad, ½ cup	3.2
Tofu, ½ cup	1.5

## 5. Choose 100% Fruit and Vegetable Juice

Soft drinks have no fiber and few nutrients other than calories. Choose a 100 per cent fruit or vegetable juice. While they are lower in fiber than their whole food counterparts, fruit and vegetable juice add fiber. They make a good nutritional contribution to your diet.

Natural Drinks	Grams of Fiber/Serving
Apricot nectar, 1 cup	0.8
Grapefruit juice, 1 cup	0.5
Orange juice, 1 cup	0.5
Tomato juice, 1 cup	1.3
V-8 juice, 1 cup	1.3

## 6. Eat Nuts and Seeds

Nuts and seeds are concentrated sources of calories, but they're also high in nutrition including dietary fiber and protein. Eat nuts and seeds in moderation, as they are high in calories. Sprinkle some on your salad or use them as a topping on your yogurt.

Nuts and Seeds	Grams of Fiber/Serving
Almonds, 1oz.	2.6
Cashews, 1oz.	1.7
Mixed nuts, 1oz.	2.5
Peanut butter, 2 T	2.0
Peanuts, 1oz.	2.5
Pistachios, 1oz.	3.0
Sunflower seeds, 1oz.	4.1

## 7. Eat Less Refined Foods

Cutting back on highly refined foods (sugars, white flour products, white rice, refined cereals, snack foods, soda pop) and using more unrefined foods will improve your fiber intake. In the refining process, most of the fiber is removed along with some nutrients.

## 8. Read Food Labels

Most packaged foods list the grams of dietary fiber per serving on the label. Learn to be a label reader. Compare the grams of fiber in different kinds of foods. Buy and eat foods with higher fiber content.

## 9. Keep Track

Keep track of the grams of fiber you eat for a few days. You will quickly learn your major sources of fiber. If you do not make your recommended 20 to 35 grams of fiber per day, make modifications to your eating habits to increase your fiber intake.

Fiber Content of Basic Foods	Grams of Fiber/Serving
Beans, legumes	6-8
Cake, pie, muffins, cookies	0.3
Eggs, cheese	0
Fruit	2-3
Meat, chicken, Fish	0
Milk, yogurt, ice cream	0
Nuts, seeds, 1oz.	2-3
Oils, margarine, mayonnaise	0
Vegetables	1-3
White bread, pasta, refined cereals	0.5
Whole grain bread, corn tortillas	1-2

Eating high fiber foods is important for good health. High fiber foods are protective to the bowel, lower the risk of cancer, lower blood cholesterol levels, help prevent heart disease and reduce blood sugars.

*Remember, 20 - 35 grams of dietary fiber per day is recommended for good health!*

