Fiber in Your Diet

Fiber is an important part of your diet. Plant foods contain fiber that our body cannot digest. Fiber has been found to support heart health, weight loss, and keeping you regular. A lot of people do not eat the recommended 25-38 grams of fiber a day, so here are some tips on how to fit it into your daily meals.

Always check with your doctor or dietitian before making changes to your diet.

**Variety**
Choose different sources of fiber. Fiber can either be soluble (helps you feel full) or insoluble (helps keep your regular). You can find soluble fiber in beans, oats, fruits, and peas and insoluble fiber in vegetables, nuts and whole grains (brown rice, whole wheat).

**Fresh Fruit**
Adding fresh fruit can be a sweet way to add more fiber to your diet. Add it to cereals, oatmeal, a simple dessert, or eat it as a snack. The fruits that are higher in fiber are berries, prunes, apples, oranges, and pears.

**Legumes**
Legumes are beans, lentils, and peas, and they are high in fiber. Add a serving to any meal in your day. Add them to your salads, rice, eggs, soups, casseroles or puree them to make a tasty dip!

**Water**
Getting enough water in your day is important. It is especially essential if you are adding more fiber to your diet. If you do not drink enough water when increasing your fiber, it can cause constipation.

**Whole Grain**
Choose whole grain foods. The color of the food does not make it a whole grain food. Just because a slice of bread is brown does not mean it is whole grain. Read the ingredients on the food label and make sure the first ingredient is whole.

**Snacks**
When it’s time to have your midday or evening snack, pick foods that are high in fiber. Munch on some light, unsalted popcorn, fresh fruit, vegetables and bean dip, whole grain crackers, granola bars, or dried fruit like figs or apricots.

It is important to add more fiber slowly, so your body can adjust. Adding fiber too quickly, can cause bloating, cramping, and stomach pain. Take it easy week by week until you reach your recommended amount.
FIND YOUR WAY THROUGH THE MAZE