Care Gram

High-fiber Diet

Fiber promotes regular bowel movements and increases stool size. A high-fiber diet helps promote gut health and prevent digestive disease. In addition, a diet high in fiber can prevent heart disease, help control blood sugar levels, and maintain a healthy weight.

Fiber is only found in plant-based foods such as fruits, vegetables, nuts, seeds, legumes, and whole grains.

The recommended daily amount of fiber is 25 grams for women and 38 grams for men.

Tips when adding fiber to the diet:

- Adding fiber to the diet should be done slowly – adding fiber to your diet too quickly may cause gas, cramping, bloating, or diarrhea.
- Certain high-fiber foods are better tolerated than others – eat high-fiber foods that your body can tolerate.
- Drink at least 8-10 cups of fluids every day to help keep stools soft, unless otherwise recommended by your physician or dietitian.

Food Groups	Sources of High Fiber Foods	Tips
Bread, Cereals, Rice, and Pasta **6-8 servings per day** Serving size = 1 slice bread, 1 cup ready-to-eat cereal, 1/2 cup cooked cereal, rice, or pasta, 1/2 bun, bagel, or English muffin	• Whole-wheat or cracked-wheat breads, English muffins, buns, bagels, or pita • Bran cereals • Wholemeal rye bread • Oatmeal or oat bran • Whole-wheat pasta • Whole-wheat crackers or crisps • Wheat germ • Brown or wild rice, quinoa, farro, bulgur, spelt, or millet	Look for breads and cereals with at least 3 grams of fiber per serving.
Vegetables **2-3 cups per day** 1 cup = 2 cups raw leafy greens, 1 cup raw, cooked, or chopped, 1 cup 100% vegetable juice	All raw, cooked, frozen, or canned vegetables	Eat the peel on vegetables because it contains fiber. Eat raw vegetables due to higher fiber content than cooked, canned, or juiced vegetables.

Licking Memorial Health Systems

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Food Groups	Sources of High Fiber Foods	Tips
Fruits **Aim for 2 cups per day** 1 cup = 1 medium fruit, 1 cup chopped, 1/4 dried, 1 cup 100% juice	All raw, cooked, or canned fruits	Eat the peel on fruit because it contains fiber. Eat raw fruit because it has more fiber than cooked, canned, or juiced fruits. Dried fruit is also a good source of fiber.
Milk, Yogurt, and Cheese **2-3 servings per day** Serving size = 1 cup milk or yogurt, 1 1/2 oz. natural cheese, 2 oz. processed cheese	As desired	Dairy foods provide little fiber. Boost fiber by adding fresh fruit, whole-grain, or bran cereals to yogurt or cottage cheese.
Meat, Poultry, Fish, Eggs, Dried Beans, and Peas **5-6 1/2 oz. per day** 1 oz protein = 1 oz meat, 1 egg, 1/4 cup cooked beans, or 1 tbsp. peanut butter, 1/2 oz. nuts or seeds	• All prepared as desired • All beans and peas are high in fiber, such as: garbanzo beans, kidney beans, lentils, lima beans, split peas, soybeans, and pinto beans • Veggie burgers • Peanut or nut butters • Nuts and seeds	Increase fiber by adding beans to soups, salads, and side dishes. Add beans, bran, or oatmeal to meat dishes.
Fat, Snacks, Sweets, Condiments, and Beverages **Use sparingly**	• Whole-grain cookies • Whole-wheat pretzels • Cakes, breads, and cookies made with oatmeal and fruit • High-fiber cereal bars	

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This Care Gram is for information purposes only. It may become out-of-date over time. Ask a doctor or a healthcare professional about your specific condition.