



Adding More Fiber to Your Diet

1. Choose whole-grain foods at meals throughout the day.

- Breakfast cereal with bran is a good start.
- At lunch, choose 100 percent whole wheat or another whole-grain bread for your sandwich. All bread is not equal in fiber, so be sure to check the nutrition label.
- Brown rice, wild rice, and kasha make great side dishes.

2. Dry beans and lentils are great sources of soluble fiber. They have lots of protein and may be selected as a meat replacement. Aim to include dry beans and legumes at least two to three times each week.

- Garbanzo beans make a great addition to salads.
- Mash or chop garbanzo beans in the food processor. Use them to make tasty mock-tuna salad for sandwiches.
- Rinse and add canned black beans to rice for menus with a Southwestern flair.
- Make your salsa and chips more interesting by adding some black beans and corn kernels.
- Make tacos with fat-free refried beans, replacing some or all of the meat.
- Add canned beans to vegetable soup.

3. Eat the whole fruit or vegetable. The skin of the fruit or vegetable contains extra fiber.

- Add corn, onions, and peppers to your scrambled eggs.

- Use salsa instead of sour cream on baked potatoes and remember to eat the skin of the potato.
- Fruit soup made by stewing prunes, apricots, raisins, and other dried fruit is a wonderful Scandinavian addition to breakfast.

4. Select raw fruits and vegetables frequently.

- Lettuce is not one of the highest sources of fiber, but don't give up; replace some or all of the lettuce with raw spinach leaves.
- Add lots of carrots and other vegetables to the salad. Beets and chickpeas, raisins, sunflower seeds, and chopped apples are good additions. Make it colorful!
- Wash pieces of fruit each day so that they will be easy to grab for snacks and meal preparation.
- Keep carrot and pepper strips ready to nibble. Sliced sweet potatoes and turnips taste great raw and make a nice addition to relish trays.
- Make your sandwich extra appetizing by adding fresh spinach, tomatoes, sprouts, cucumbers, or peppers.

5. Supplement with psyllium. The husk of the psyllium plant, found in the fiber supplement such as [Metamucil](#), has one of the highest amounts of soluble fiber available in grains.

- Smoothies are a great way to add fiber to your diet. Each dose of Metamucil Powder contains 3 grams of fiber. Fiber-sure, also made by Metamucil from inulin, contains 5 grams of fiber. Benefiber, made with guar gum, contains 3 grams of fiber and can be added to most any food or drink. Recipes are at www.Benefiber.com or www.Fibersure.com

6. Always drink lots of water and fluids as you take in fiber.