



## High Fiber Diet

A diet high in fiber may help alleviate constipation and bowel irregularity, lower cholesterol or blood sugar, and assist with weight loss and maintenance.

The amount of fiber you need depends on your age and gender:

| <b>Gender</b> | <b>Age 50 or younger</b> | <b>Age 50 or older</b> |
|---------------|--------------------------|------------------------|
| Male          | 38 grams                 | 30 grams               |
| Female        | 25 grams                 | 21 grams               |

*Institute of Medicine, 2012*

### Tips for increasing fiber:

- Start your day with a high-fiber breakfast like oatmeal or cold cereal with more than 5grams of fiber per serving. Hint: look for cereals with 'whole grain', 'bran' or 'fiber' in the name.
- Focus on fruits, vegetables, whole grains and beans.
- Choose high-fiber snacks like fresh fruit (especially berries), nuts, plain popcorn and raw vegetables with hummus.
- Speak with your doctor about whether a fiber supplement is appropriate for you.

### High Fiber Foods:

#### **Oatmeal**

Fiber: 4 grams per cup, cooked

#### **Whole-Wheat Pasta**

Fiber: 6.3 grams per cup, cooked

#### **Bran Flakes**

Fiber: 7 grams per cup, raw

#### **Pear**

Fiber: 5.5 grams per medium fruit, raw

#### **Avocado**

Fiber: 6.7 grams per half, raw

#### **Blackberries**

Fiber: 7.6 grams per cup, raw

#### **Raspberries**

Fiber: 8 grams per cup, raw

#### **Brussels Sprouts**

Fiber: 4.1 grams per cup, boiled

#### **Broccoli**

Fiber: 5.1 grams per cup, boiled

#### **Peas**

Fiber: 8.8 grams per cup, cooked

#### **Artichokes**

Fiber: 10.3 grams per medium vegetable, cooked

#### **Lima Beans**

Fiber: 13.2 grams per cup, cooked

#### **Black Beans**

Fiber: 15 grams per cup, cooked

#### **Lentils**

Fiber: 15.6 grams per cup, cooked

#### **Split Peas**

Fiber: 16.3 grams per cup, cooked

For additional diet tips, please consult with our dietitian.