Get Enough Fiber

Fiber is found in fruits, vegetables, whole grains, nuts and legumes. Eating these foods will help to relieve constipation. However, increasing fiber in your diet should be done gradually and your fluid intake should also be increased.

10 easy ways to eat more fiber
1. Eat oatmeal for breakfast or an evening snack.
2. Try a bran or whole grain cereal with dried fruit and nuts.
3. Enjoy a sandwich on whole grain bread or roll.
4. Switch from white rice to wild or brown rice.
5. Include beans in your meals two to three times a week.
6. Add sunflower seeds, walnuts, or almonds to salads or enjoy a handful for a snack.
7. Substitute 100% whole-wheat flour for half of the flour in a recipe.
8. Choose whole fruit instead of juice.
9. Include the skin when cutting fruits into small, easy to eat bites.
10. Satisfy your sweet tooth with an apple, berries or kiwi.

Fiber can help to...
- Keep you regular
- Lower your cholesterol
- Control your blood glucose
- Manage weight
- Improve levels of healthy gut bacteria
- Keep you satisfied because you feel full longer
- Reduce the risks of certain diseases

How much do you need?
- Women age 50+ need 21 grams each day
- Men age 50+ need 30 grams each day
- Remember to add fiber to your diet gradually if you are working to increase your intake
Banana Breakfast Bars

Ingredients
- ¾ cup applesauce
- ¾ cup brown sugar
- 1 egg
- ½ teaspoon ground cinnamon
- 1½ cups mashed ripe bananas
- 4 cups uncooked oatmeal
- ½ cup dried fruit such as cranberries, raisins, or apricots
- ½ cup chopped walnuts or pecans

Directions
1. Preheat oven to 350. Lightly coat a 9 × 13 baking pan with non-stick cooking spray.
2. In large bowl, mix all the ingredients in the order listed.
3. Turn batter into prepared pan and bake 30 to 35 minutes. Cool completely. Cut into 12 bars.
4. Slip each Banana Breakfast Bar into a small plastic bag, seal and freeze.

Take out the night before for a ready to eat breakfast with an orange and glass of milk or container of yogurt, also good for an easy to pack snack.

One bar provides 4 grams of dietary fiber.

Dietary fiber comes in two types: soluble and insoluble fiber. Soluble fiber dissolves in water and becomes gel-like, causing it to stick to bile, toxins and other debris and drag them from your body. Foods rich in this type of fiber include oatmeal, nuts, beans, apples, and blueberries.

Insoluble fiber attracts water like a sponge and acts to clean your intestines, increase intestinal motility and stimulate regular bowel movements. This is found in the seeds and skins of fruit (so always eat your peels) as well as whole-wheat bread and brown rice.
<table>
<thead>
<tr>
<th>Food</th>
<th>Amount</th>
<th>Fiber (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Almonds</td>
<td>¼ cup</td>
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</tr>
<tr>
<td>Apple</td>
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<tr>
<td>Applesauce</td>
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<td>Apricots (canned)</td>
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<td>Avocado (diced)</td>
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<tr>
<td>B</td>
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<tr>
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<td>Bulgur</td>
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<td>Coconut (shredded)</td>
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<td>Corn (sweet, any style)</td>
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<tr>
<td>Cranberry sauce</td>
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<td>Crackers (i.e., Saltines)</td>
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<tr>
<td>Cucumber (raw, unpeeled)</td>
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<td>Dark rye bread</td>
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<tr>
<td>Eggplant</td>
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<td>Endive (raw)</td>
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<tr>
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<td>Figs, Dried</td>
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<tr>
<td>Garbanzo Beans (chickpeas)</td>
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<td>Graham crackers</td>
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<tr>
<td>Grapefruit</td>
<td>½ of a medium fruit</td>
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<tr>
<td>Grapes (any color)</td>
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<tr>
<td>Great northern beans</td>
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<tr>
<td>Green (snap) beans</td>
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<td>Green onions (chives/scallions)</td>
<td>½ cup</td>
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<td>Green peas</td>
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<td>Greens (all varieties)</td>
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<td>Hazelnuts</td>
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<td>Honeydew melon</td>
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<td>Kale (cooked)</td>
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<td>Kidney beans (cooked)</td>
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<td>Kiwi</td>
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<td>Lettuce (Iceberg)</td>
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<td>Oatmeal</td>
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<tr>
<td>Okra (cooked)</td>
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<td>Olives (green or black)</td>
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<tr>
<td>Onion (cooked)</td>
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<tr>
<td>Parsnip</td>
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<td>Pasta (whole wheat)</td>
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<td>Peaches (canned)</td>
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<tr>
<td>Peanut butter</td>
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<tr>
<td>Peanuts</td>
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<tr>
<td>Pear</td>
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<tr>
<td>Peas and carrots</td>
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<td>Plums</td>
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<td>Potato (russet or Idaho)</td>
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<tr>
<td>Prunes</td>
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<tr>
<td>Radishes</td>
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<td>Raisin bran</td>
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<tr>
<td>Raisins</td>
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<tr>
<td>Raspberries</td>
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<tr>
<td>Raspberry jam</td>
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<td>Rhubarb</td>
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<td>Rutabaga (yellow turnip)</td>
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<tr>
<td>Sauerkraut (canned)</td>
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<tr>
<td>Split peas</td>
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<tr>
<td>Strawberries</td>
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<tr>
<td>Succotash (corn and lima beans)</td>
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<td>Summer squash</td>
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<td>Sunflower seeds (no shell)</td>
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<td>Sweet pepper (green)</td>
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<tr>
<td>Sweet pickle relish</td>
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<tr>
<td>Sweet potato (baked, with skin)</td>
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<td>Tomato (raw)</td>
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<tr>
<td>Tortillas (corn)</td>
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<tr>
<td>Turnip, white (cooked)</td>
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<tr>
<td>Walnuts</td>
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<td>Watercress (raw)</td>
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<td>Whole wheat egg noodles</td>
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<td>Whole wheat spinach noodles</td>
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<tr>
<td>Winter squash</td>
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</tr>
<tr>
<td>Yams</td>
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<tr>
<td>Zucchini (raw)</td>
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<tr>
<td>Zucchini (cooked)</td>
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