



# Get Enough Fiber



## 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

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.





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.

## Banana Breakfast Bars

### Ingredients

- $\frac{3}{4}$  cup applesauce
- $\frac{3}{4}$  cup brown sugar
- 1 egg
- $\frac{1}{2}$  teaspoon ground cinnamon
- $1\frac{1}{2}$  cups mashed ripe bananas
- 4 cups uncooked oatmeal
- $\frac{1}{2}$  cup dried fruit such as cranberries, raisins, or apricots
- $\frac{1}{2}$  cup chopped walnuts or pecans

### Directions

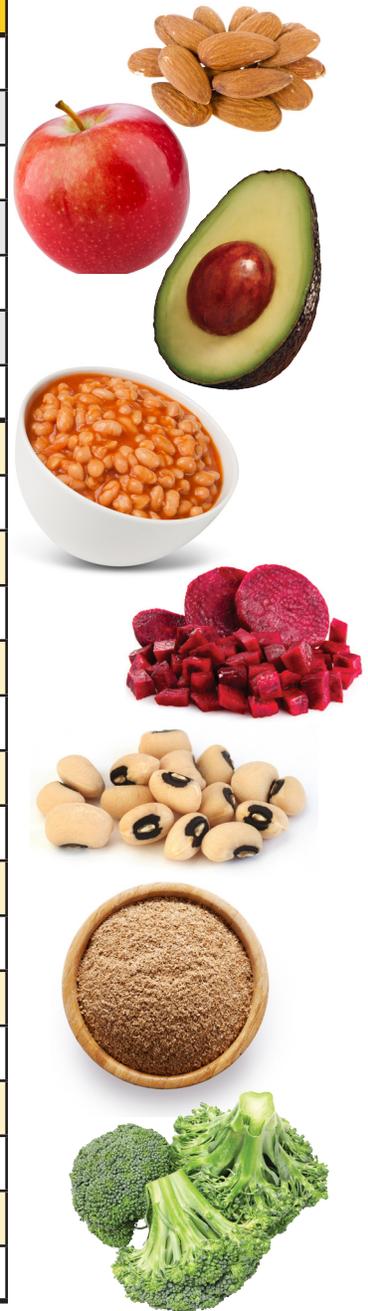
1. Preheat oven to 350. Lightly coat a 9 × 13 baking pan with non-stick cooking spray.
2. In large bowl, mix all the ingredients in the order listed.
3. Turn batter into prepared pan and bake 30 to 35 minutes. Cool completely. Cut into 12 bars.
4. Slip each Banana Breakfast Bar into a small plastic bag,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



	Food	Amount	Fiber (g)
A	Almonds	¼ cup	3.7
	Apple	1 medium	4.8
	Applesauce	½ cup	1.4
	Apricots (canned)	3 halves	0.8
	Artichoke	1 medum	8.0
	Asparagus (cooked)	½ cup	2.0
	Avocado (diced)	½ cup	5.0
B	Baked beans	½ cup	5.7
	Banana	1 medium	3.0
	Barley	½ cup	3.0
	Bean sprouts (raw)	½ cup	0.8
	Beets (cooked)	½ cup	2.5
	Black beans (cooked)	½ cup	7.5
	Black eyed peas	½ cup	8.0
	Blackberries	½ cup	4.0
	Blackberry jam	1 tbsp	0.7
	Bran meal	½ cup	12.4
	Broccoli (cooked)	½ cup	2.7
	Broccoli (raw)	½ cup	1.2
	Brown rice (cooked)	½ cup	1.8
	Brussels sprouts	½ cup	3.0
	Buckwheat groats	½ cup	2.3
	Bulgur	½ cup	3.0





	Food	Amount	Fiber (g)
C	Cabbage (cooked)	½ cup	2.0
	Cabbage (raw)	½ cup	1.1
	Cantaloupe	1 large slice	1.0
	Carrots (raw)	½ cup	1.6
	Carrots (cooked)	½ cup	2.5
	Cauliflower (cooked)	½ cup	1.6
	Celery (cooked)	½ cup	1.3
	Celery (raw)	½ cup	1.0
	Cherries	½ cup	1.5
	Chestnuts	2 large	0.8
	Coconut (shredded)	2 tbsp	0.9
	Corn (sweet, any style)	½ cup or 1 medium ear	2.0
	Cracked wheat bread	2 slices	2.2
	Cranberry sauce	½ cup	1.5
	Crackers (i.e., Saltines)	6	0.5
Cucumber (raw, unpeeled)	½ cup	0.3	
D	Dark rye bread	2 slices	3.7
	Dates (pitted)	2	1.2
E	Eggplant	½ cup	1.2
	Endive (raw)	10 leaves	0.6
	English muffin	1	2.0
F	Figs, Dried	3	2.4





	Food	Amount	Fiber (g)
G	Garbanzo Beans (chickpeas)	½ cup	6.0
	Graham crackers	2	0.8
	Grapefruit	½ of a medium fruit	2
	Grapes (any color)	1 cup	1.3
	Great northern beans	½ cup	6.4
	Green (snap) beans	½ cup	1.7
	Green onions (chives/ scallions)	½ cup	1.6
	Green peas	½ cup	4.1
	Greens (all varieties)	½ cup	2.8
H	Hazelnuts	¼ cup	3.0
	Honeydew melon	1 thick slice (3 in.)	1.5
K	Kale (cooked)	1 cup	5.7
	Kidney beans (cooked)	½ cup	7.2
	Kiwi	2	4.0
L	Lentils (brown)	½ cup	7.1
	Lettuce (Iceberg)	½ cup	0.4
	Lima beans	½ cup	5.6
M	Mushrooms (raw)	½ cup	0.7
	Mushrooms (sautéed)	½ cup	1.0
O	Oatmeal	½ cup	3.5
	Okra (cooked)	½ cup	2.7
	Olives (green or black)	6	0.5
	Onion (cooked)	½ cup	2.0
	Orange	1 medium	3.7





	Food	Amount	Fiber (g)
P	Parsnip	1 large	3.5
	Pasta (whole wheat)	1 cup	5.5
	Peaches (canned)	2 halves	1.8
	Peanut butter	1 tbsp	1.1
	Peanuts	¼ cup	3.0
	Pear	1 medium	5.6
	Peas and carrots	½ cup	2.6
	Pineapple (canned)	½ cup	1.0
	Pinto beans (cooked)	½ cup	7.7
	Plums	1 medium	1.0
	Potato (mashed)	½ cup	1.5
	Potato (russet or Idaho)	1 medium, with skin	5.0
	Prunes	3	1.9
	Puffed wheat	1 cup	1.4
Pumpernickel	2 slices	4.0	
R	Radishes	3	0.1
	Raisin bran	1 cup	7.0
	Raisins	¼ cup	1.8
	Raspberries	½ cup	4.6
	Raspberry jam	1 tbsp	1.0
	Rhubarb	½ cup	2.0
	Rutabaga (yellow turnip)	½ cup	2.1





	Food	Amount	Fiber (g)
S	Sauerkraut (canned)	½ cup	2.0
	Shredded wheat cereal	large biscuit	2.2
	Spinach (cooked)	½ cup	2.3
	Spinach (raw)	½ cup	0.5
	Split peas	½ cup	8.1
	Strawberries	½ cup	1.5
	Succotash (corn and lima beans)	½ cup	3.3
	Summer squash	½ cup	1.0
	Sunflower seeds (no shell)	1 tbsp	1.0
	Sweet pepper (green)	½ cup	1.2
	Sweet pickle relish	1 tbsp	0.2
Sweet potato (baked, with skin)	1 small	3.3	
T	Tomato (raw)	1 small	1.4
	Tortillas (corn)	1 6-inch tortilla	2.0
	Turnip, white (cooked)	½ cup	1.5
	Turnip, white (raw)	½ cup	1.2





	Food	Amount	Fiber (g)
W	Walnuts	¼ tbsp	2.0
	Watercress (raw)	½ cup	1.0
	Watermelon	1 thick slice	1.7
	White beans	½ cup	5.5
	White bread	2 slices	1.9
	White rice	½ cup	0.7
	Whole wheat bran muffin	1 muffin	4.6
	Whole wheat bread	2 slices	6.0
	Whole wheat egg noodles	½ cup	2.8
	Whole wheat raisin bread	2 slices	6.0
	Whole wheat spinach noodles	½ cup	3.0
	Winter squash	½ cup baked/mashed	3.5
Y	Yams	1 medium	4.1
Z	Zucchini (raw)	½ cup	0.6
	Zucchini (cooked)	½ cup	1.0

Source: U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. [fdc.nal.usda.gov](https://fdc.nal.usda.gov).

