

Fiber

Simple! Easy! Delicious!

Handout 3

Simple steps to increase fiber:

1. Eat more whole grains and whole-grain products. Experiment with brown rice, barley and whole-wheat pasta.
2. Choose a high-fiber breakfast cereal everyday.
3. Eat fruit at every meal. Apples, bananas, oranges, pears and berries are good sources of fiber.
4. Experiment with dried beans and peas, such as pinto beans and lentils.
5. Make snacks count. Fresh and dried fruit, raw vegetables, low-fat popcorn and whole-grain crackers are all good choices.
6. Take advantage of ready-to-use vegetables. Snack on baby carrots.

Simple Substitutions

Low Fiber

White bread
Instant or white rice
Canned fruit or juice
Canned vegetables
Potato chips
Cream of tomato soup
Low fiber cereal
Sugar cookies
Chocolate chips
White flour

High Fiber

Whole-grain bread
Brown rice
Fresh fruit with skin
Fresh vegetables
Popcorn
Lentil or split pea soup
Bran cereal
Oatmeal raisin cookies
Raisins
Whole-wheat flour

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