

Ways to Naturally Increase Dietary Fiber





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Fiber

What is Fiber?

Fiber is a type of carbohydrate that the body is not able to digest. Fiber passes through the digestive system whole and helps regulate bodily functions, such as keeping blood sugar under control. Fiber comes in two forms, soluble and insoluble, both of which are great for your health!

Soluble vs. Insoluble Fiber

While both soluble and insoluble fiber are beneficial for your health, there are subtle differences between them that produce different responses in the body.

Soluble	Both	Insoluble
<ul style="list-style-type: none">- Does dissolve in water- Moves slowly through the digestive system and slows down bowels- Soft and easy to chew- Helpful for bulking up softer stools- Ex: Cantaloupes, pears, grapes, apples, and bananas	<ul style="list-style-type: none">- Aid in digestion- Beneficial for health- Commonly found together in foods	<ul style="list-style-type: none">- Cannot dissolve in water- Moves quickly through the digestive system and helps move fecal waste- Tough and hard to chew- Helpful to soften harder stools- Ex: Broccoli, beans, lentils, and leafy vegetables

Women over 50 years old should consume at least 21 grams of fiber each day. However, many Americans do not meet the general guidelines. This booklet will help you figure out ways to naturally consume enough fiber everyday before attempting fiber supplements.

Natural Ways to Increase Fiber

There are other ways to increase your fiber first without turning to supplements. Consuming foods that are healthy and naturally high in fiber produce the same results, with the additional benefit of vitamins and minerals! Mix and match the foods below **using an appropriate serving size** to consume *at least* 21g of fiber for a day.

Cooked Sources of Fiber

- 1 Cup of Lima Beans → 33g of Fiber
- 1 Cup of Chickpeas → 12 g of Fiber
- 1 Cup of Steel Cut Oatmeal → 10g of Fiber
- 1 Cup of Barley → 6g of Fiber
- 1 Cup of Quinoa → 5g of Fiber
- 1 Cup of Cracked Wheat → 4g of Fiber
- 1 Cup of Artichoke Hearts → 7g of Fiber
- 1 Cup of Okra → 3g of Fiber



Uncooked Sources of Fiber

- 1 Cup of Flax Seeds → 45g of Fiber
- 1 Cup of Chia Seeds → 10g of Fiber
- 1 Large Pear → 10g of Fiber
- 1 Cup of Mixed Berries → 6g of Fiber
- 1 Large Apple → 4g of Fiber

Poor Fiber Sources

Not all fiber is created equally. Chose natural sources of fiber when possible. Stay away from these fiber sources.

Refined Fiber

Refined fiber is produced by removing bran germs from whole kernels of wheat. Though the bran that is removed is indigestible, it carries the majority of vitamins and micronutrients contained in wheat. Consuming more than half of your daily allowance in refined grains, instead of



whole grains, may increase your risk for abdominal fat, heart disease, diabetes, and overall mortality. Select whole grains whenever possible. Some examples of whole grain ingredients are: barley, brown rice, buckwheat, bulgur, millet, oatmeal, quinoa, rolled oats, whole grain corn, whole grain sorghum, whole oats, whole rye, and whole wheat.

Common Refined Fiber Sources: Instant oatmeal, boxed rice, white cereal, white bread, certain cakes (basically white wheat)

Ready Made, In a Box

Ready made, or boxed, foods are often advertised as a convenient option for meals. However, boxed foods often contain a large amount of preservatives, salts, and added sugars. The ingredients found in boxed foods are not necessarily the best for a well-balanced, senior diet. When faced with the decision of boxed or not, select the less preserved option.

A Supplement Only Fiber Source

While fiber supplements are a convenient way to consume a little more fiber each day, we should **not** rely solely on this as our only fiber source. Consuming natural fiber from fruits, vegetables, and unrefined wheat carries additional vitamin and mineral support.

Misconceptions about Fiber

“Salads are the best, and only, source of fiber”

Not 100% correct. Many Americans mistakenly believe a salad contains a day's source of fiber. Iceberg lettuce contains very few nutrients, so instead try darker greens such as a romaine mix! Top this mix with some Chia seeds, chickpeas, avocado, and a yummy vinaigrette for a light lunch. Being intentional with your salad ingredients can make a good salad great.

“Meat is a Good Source of Fiber, Right?”

Wrong! While meats do provide a number of nutrients, fiber is **not** one of them. However, that does not necessarily mean to eliminate meats from your diet. Instead, use lean meats such as chicken, turkey, and fish to help flavor entrees of more fibrous foods!

“White and Whole Wheat Breads are the Same”

Not true! As discussed on the previous page, refined grain products do not have the same fiber content as it's whole wheat counterparts. Grain products that appears bleached or white should be avoided. Instead, select grainy, brown products that are labeled 'multi-grain', 'whole-oat', or 'whole grain'.

“All vegetables are created equally”

No way! Although ideal, it can be difficult to consume a diet consisting of only of fresh fruits and vegetables, especially since there is a narrow window of time before the food spoils. Frozen and canned fruits and vegetables are picked at their peak, and preserved for long term freshness. So while a good option, it is important to select low/no salt options, and watch for preservatives.

“I only need to eat Fruit for Fiber”

Consuming lots of fruit on a daily basis can affect your blood sugar. Consume soluble and insoluble fiber jointly to reap all of the benefits. Try eating fruits earlier on in the day, and more vegetables later on.

5-Day High Fiber Meal Plan

Day 1: Breakfast

8 oz. Orange Juice (.5)
1 Cup of Grapes (2)
3 Cups of Sautéed Spinach (2)
1 Hard Boiled Egg

Fiber: = 4.5g

Lunch



*1 Avocado and White Bean Wrap (13.5)
1 oz. TERRA Mediterranean Chips (3)

Fiber: =16.5g

Dinner

1 Cup Cooked Brown Rice (4)
½ Cup of Corn (2)
¼ Cup Black Beans (4)
4 Oz. Broiled Chicken

Fiber: =10g

Healthy Snacks

Spinach Mango Smoothie (1 cup spinach, ¾ cup mango, 1 tbsp. Chia seeds)

Fiber:6g

1 Clementine

Fiber: 1.5g

Total Fiber: 38.5g

Day 2: Breakfast

- 1 Cup Sugar Free Cranberry Juice
- 14 Almonds (2)
- 1 Cup of Sugar Free Greek Yogurt
- 2 Figs, Sliced Thinly (3)

Fiber: 5g

Lunch

- 8 Multigrain Crackers (2)
- 2 Cups of Romaine Lettuce (2)
- Topped with:
 - 1 Sliced Avocado (10)
 - ¼ Cup Corn (2)
 - Handful of Tortilla Strips
 - Vinaigrette Dressing
 - 2 Oz of Canned Tuna

Fiber: 16g

Dinner

- 1 Cucumber, Sliced thinly and placed on toasted Ezequiel Bread with cream cheese (3.5)
- 2 Medium Celery Stalks with hummus (2)
- 1 Chicken Breast



Fiber: 5.5g

Healthy Snacks

- 2 Cups of Popcorn

Fiber: 2

- 1 Blueberry Bran Muffin

Fiber: 4.6g

Total Fiber: 33.1g

Day 3: Breakfast

1 Cup of Water with Lemon
Overnight Oats topped with 7 walnuts (8g)
2 Eggs, Boiled

Fiber: 8g

Lunch

2 Medium Wheat tortilla (6g)
Topped with:
½ Cups Roasted Chickpeas (6.2g)
½ Diced Tomato
Sprinkle of Feta Cheese
Diced Onions, to taste

Fiber: 12.2

Dinner

Turkey Burger on 2 slices of Ezequiel Bread (6g)
Topped with:
Spinach
Mayo
Seasoning, to taste
2 Medium Celery Stalks with peanut butter (2g)

Fiber: 8g

Healthy Snacks

1 Cup of Grapes

Fiber :1.4g

1 Apple and Peanut Butter

Fiber: 4g

Total Fiber: 33.6g

Day 4: Breakfast

2 Eggs, Scrambled

Add:

2 Cups of Spinach (1.5)
Onions
Peppers
Seasoning, to preference

Fiber: 1.5g

Lunch

2 Medium Wheat tortillas (6)

Topped with:

Ground Turkey, seasoned for tacos
1 Cup of Shredded Romaine Lettuce (1)
1/2 Cup Black Beans (7.5g)
Sprinkle of Mexican Cheese
Diced Onions, to taste

Fiber: 14.5

Dinner

Creamy Fettuccini with Brussel Sprouts and Mushrooms (14g)

Whole Wheat Dinner Roll (1)

Fiber: 15g

Healthy Snacks

1 oz. TERRA Chips

Fiber :3g

1 Blueberry Bran Muffin

Fiber: 4.6g

Total Fiber: 38.6g

Day 5: Breakfast

2 Whole Grain Waffles (3)

Add:

1 Cup of Cut Strawberries (3)

2 tbsp. of light whipped cream

honey, to taste

2 slices of turkey bacon

Fiber: 6g

Lunch

2 Slices of Ezekiel Bread (6g)

Topped with:

2 tbsp. Dijon Mustard

1 Cup of Shredded Romaine Lettuce (1)

3 Slices of Turkey

2 Slices of tomato

1 Slice of Cheddar Cheese

½ Cup of Black Beans (7.5)

Fiber: 14.5

Dinner

1 Cups of Cooked Quinoa (5g)

¼ Cup Black Beans (3.75)

½ Medium Avocado (4.5)

2 tbsp. Pico de Gallo

Fiber: 13.25g

Healthy Snacks

1 Medium Pear

Fiber :5.5g

Total Fiber: 39.25g

High Fiber Recipes

Breakfast: Overnight Oats

Total Time: 5 active minutes; 8h refrigeration Serves: 4

Ingredients:

- 2 cups steel-cut oats
- 1/3 cup dried cranberries
- 1/3 cup dried apricots, chopped
- ¼ teaspoon salt

Directions:

Slow cooker option:

1. Combine water, oats, fruit, and salt into slow cooker.

Place heat on low and

cover. Cook for 8 hours, or until porridge is creamy.



Stovetop option: Halve the ingredients

1. Combine 4 cups of water, 1 cup of steel oats, 3 table spoons of cranberries, 1/8 teaspoon of salt into pot.
2. Cover and cook over boiling water for 1.5 hours.
3. Continuously check to make certain the water level is appropriate in pot

Fiber Content: 6 g of Fiber Per a Serving

Lunch: Avocado and White Bean Wrap

Total Time: 25 minutes Serves: 4

Ingredients:

- 2 tablespoons Apple Cider Vinegar
- 1 tablespoon vegetable oil
- 1 tablespoons of adobo sauce
- $\frac{1}{4}$ teaspoon salt
- 2 cups shredded red cabbage
- 1 medium carrot, shredded
- 1 tablespoons minced red onions
- 1 ripe avocado
- 1.4 cup chopped cilantro
- One 15-ounce can of white beans
- 4 8-inch whole-wheat wraps



Directions:

1. Mix vinegar, oil, adobo sauce, cabbage, carrots, and cilantro into bowl.
2. Mash beans and avocado in another bowl. Stir in cheese and onions.
3. Place $\frac{1}{2}$ cup of bean/avocado mix and $\frac{2}{3}$ cup of cabbage/carrot mix on wrap. Cut in half to serve

Fiber Content: 13.25 g of Fiber Per a Serving

Dinner: Creamy Fettuccine with Brussel Sprouts and Mushrooms

Total Time: 30 minutes Serves: 4

Ingredients:

- 12 ounces whole-wheat fettuccine
- 1 tablespoon extra-virgin olive oil
- 4 cups of variety mushroom (shiitake, cremini, oyster)
- 4 cups of thinly sliced Brussel sprouts
- 1 tablespoon minced garlic
- 2 tablespoons sherry vinegar
- 2 cups low-fat milk
- 2 tablespoons all-purpose flour
- ½ teaspoons salt
- ½ teaspoon ground pepper
- 1 cup Asiago cheese



Directions:

1. Cook pasta in a large pot of boiling water for 8-10 minutes, or until tender. Drain, and set aside.
2. Heat oil in a large skillet over medium heat. Add mushrooms and Brussels sprouts and cook, stirring often, for 8 to 10 minutes. Add garlic for about 1 minute. Add sherry vinegar and stir for about 1 minute (if using sherry).
3. Whisk milk and flour in a bowl; add to the skillet with salt and pepper. Stir on low for 2 minutes. Mix in Asiago until melted. Add the sauce to the pasta; gently toss. Serve with more cheese, if desired.

Fiber Content: 14 g of Fiber Per a Serving

Snack: Blueberry Bran Muffins

Total Time: 25 minutes Serves: 12

Ingredients:

- 1 ½ Cups Wheat Bran (Oat Bran Recommended)
- 1 Cup nonfat milk
- ½ Cup unsweetened applesauce
- 1 egg
- 2/3 Cup brown sugar
- ½ teaspoon vanilla extract
- ½ Cup all-purpose flour
- ½ Cup whole wheat flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 cup blueberries



Directions:

1. Preheat oven to 375 degrees. Grease muffin cups OR use paper muffin liners.
2. Mix wheat bran and milk, let stand for 10 minutes.
3. Mix applesauce, egg, brown sugar, and vanilla extract. Beat in bran mixture.
4. Sift together all-purpose flour, whole wheat flour, baking soda, baking powder, and salt.
5. Stir into bran mixture until blended. Mix in blueberries.
6. Scoop into muffin cups.
7. Bake in preheated oven for 15-20 minutes, or until the tops spring back when lightly tapped.

Fiber Content: 4.6 g of Fiber Per a Serving

Reading Nutrition Labels

Learning to read nutrition facts is a useful skill that can help you make healthier decisions. To meet your fiber servings everyday, follow these steps.

1. It is good practice to read nutrition labels on foods prior to purchasing them.
2. Start out by looking at the serving size at the top of the label. Visualize one serving.
3. Look at the number of ingredients in each food. Avoid preservatives, added colors, and high salt.
4. Look at the fiber content and analyze its meaning.

Nutrition Facts	
Oatmeal Banana Bread Pancakes recipe serving size: 1/2 recipe (about 3-4 pancakes)	
tidyMom.net	
Amount Per Serving	
Calories 240	Calories from Fat 25
% Daily Value*	
Total Fat 3.0g	5%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	18%
Total Carbohydrate 33g	11%
Dietary Fiber 6g	24%
Sugars 3g	
Protein 21g	42%
Vitamin A 10%	Vitamin C 0%
Calcium 8%	Iron 120%
* Percent Daily Values are based on a 2,000 calorie diet.	

*5% or less of Dietary
Fiber is low.
20% and above is
high.*

Ways to Sneak Fiber into your Diet

How to Shop

Increasing your fiber begins at the grocery store. There are certain, high fiber foods that should be a staple of any intermittent shopping trip! Include at least one of the following green, bean, whole grain, berry, or bran options below in your upcoming shopping list.

Shopping List

Greens

Turnip
Mustard Green
Collard Greens

Beans

Lima beans, cooked
Adzuki beans, cooked
Black beans, cooked
Garbanzo beans, cooked
Lentils, cooked
Kidney beans, cooked
White beans, small, cooked
French beans, cooked

Whole Grains

Barley
Popcorn
Oats
Rye
Whole Wheat Bread

Berries

Raspberries, raw
Blueberries, raw
Black Berries

Bran Products

Oat bran, raw
Wheat bran, raw
Corn bran, raw
Rice bran, raw
Fiber One Bran Cereal
All-Bran Cereal
Fiber One Chewy Bars****?

Tips for Eating Out

Plan Ahead

Look up the restaurant's menu before hand! Map yummy legume, vegetable, and fruit combinations that you can try later on. When you find one you like, write it down and take it with you. Also, consult your server or waitress for different preparation options such as sauces, seasoning, or roasting.

Customize your Order

Get comfortable with expressing your order to another person. Feel free to request your meal be prepared a certain way. For instance, over cooking certain vegetables can cause them to lose some of their nutritional value. Instead, request the vegetables be blanched and seasoned, so they'll be tasty **and** nutritious. Another option would be to request chickpeas or kidney beans be added to your entrée, as taste permits.

Ask for the Whole Grain Option









From the time you sit down, to the time you leave, keep whole grain in the back of your mind. If the restaurant places bread on the table as an appetizer, only reach for the darker, grainier loaves. If your entrée includes a grain, such as rice, opt for brown rice. Making small, conscious decisions can be the factor in meeting your fiber goal.

Drink Water

Water does not contain any fiber. However, water is essential for moving high fiber foods through the digestive system. Drinking at least 6 8-ounce glasses of water everyday can also help alleviate the gaseous side effects related to consuming more fiber.

"This or That"

Use the space below to select the option you believe would best help you reach your unique fiber goals.

	This	That
1. Breakfast	 English Muffin	 Oatmeal and Fruit
2. Salad Base	 Romaine Lettuce	 Iceberg Lettuce
3. Grain Base for Entrée	 White Rice	 Quinoa
4. Mid Day Snack	 Chips	 Banana

Answers: 1. That; 2. This; 3. That; 4. That