

*Module 4, Lesson 1 Tool:*

## Tips to Increase Fiber Intake

Here are some top recommendations for getting MORE fiber into your diet:

- **Have produce with every meal or snack.** Base your meals around fiber rich fruits and veggies, which average 4 grams of fiber per serving, to get in more fiber. Increasing the amount of fruits and vegetables you eat can also help you cut back on processed foods
- **Make all grains whole-grain versions.** Whether we're talking about cereal or side dishes, choose intact whole grains as often as possible. Whole rolled oats are a better choice than a processed corn flake because the fiber is in the bran of most grains and that gets removed and lost in processing
- **Bean it up!** Lentil soup, chickpeas on your salad, cannellini hummus... the options with beans are endless and they are loaded with fiber
- **Go for fresh fruits and veggies** as much as you can, and add dried versions to your baking. A handful of raisins in your zucchini bread or a grated carrot in your pancake recipe really bumps up the fiber and it all adds up
- **Add wheat germ, chia seeds, flax meal and hemp meal** to your foods to bump up the fiber. They're not only high in fiber but also pack healthful omega-3 fatty acids
- **More is not always better.** It's actually difficult to get too much fiber in your diet, but it's possible, especially through supplements like fiber bars, fiber crackers or Metamucil. In people who consume over 40 grams of fiber, symptoms like bloating, gassiness, constipation or diarrhea and discomfort may show up. Eating too much fiber can also lead to impaired nutrient absorption of calcium, iron, zinc and magnesium. Choose fiber rich foods rather than using supplements and be sure to drink plenty of water.