

## High Fiber Diet

A diet high in fiber may help alleviate constipation and bowel irregularity, lower cholesterol or blood sugar, and assist with weight loss and maintenance.

The amount of fiber you need depends on your age and gender:

Gender	Age 50 or younger	Age 50 or older
Male	38 grams	30 grams
Female	25 grams	21 grams

*Institute of Medicine, 2012*

### Tips for increasing fiber:

- Start your day with a high-fiber breakfast like oatmeal or cold cereal with more than 5grams of fiber per serving. Hint: look for cereals with 'whole grain', 'bran' or 'fiber' in the name.
- Focus on fruits, vegetables, whole grains and beans.
- Choose high-fiber snacks like fresh fruit (especially berries), nuts, plain popcorn and raw vegetables with hummus.
- Speak with your doctor about whether a fiber supplement is appropriate for you.

### High Fiber Foods:

#### Oatmeal

Fiber: 4 grams per cup, cooked

#### Whole-Wheat Pasta

Fiber: 6.3 grams per cup, cooked

#### Bran Flakes

Fiber: 7 grams per cup, raw

#### Pear

Fiber: 5.5 grams per medium fruit, raw

#### Avocado

Fiber: 6.7 grams per half, raw

#### Blackberries

Fiber: 7.6 grams per cup, raw

#### Raspberries

Fiber: 8 grams per cup, raw

#### Brussels Sprouts

Fiber: 4.1 grams per cup, boiled

#### Broccoli

Fiber: 5.1 grams per cup, boiled

#### Peas

Fiber: 8.8 grams per cup, cooked

#### Artichokes

Fiber: 10.3 grams per medium vegetable, cooked

#### Lima Beans

Fiber: 13.2 grams per cup, cooked

#### Black Beans

Fiber: 15 grams per cup, cooked

#### Lentils

Fiber: 15.6 grams per cup, cooked

#### Split Peas

Fiber: 16.3 grams per cup, cooked

For additional diet tips, please consult with our dietitian.