

Did You Know most Americans only get about half the recommended 25 grams of fiber each day? Fiber is in a variety of foods, so it doesn't take a drastic change to increase the amount of fiber in your diet. Here are some simple tips to help you reach your fiber goals.



Go Nuts

Jazz up salads, desserts, or snacks with a handful of nuts or seeds. Just an ounce of almonds adds 3 grams of fiber and a powerful crunch to your foods. Beware of going overboard. Nuts and seeds also have a high fat content.

Drink Up!

Your body needs more water and fluids to help process the extra fiber you eat. Water is the healthy beverage of choice. Aim for eight 8-ounce glasses a day. Avoid sugar-sweetened beverages.



Love Legumes

These high fiber beans and peas are a healthy way to meet both your protein and fiber needs. Whether added to salads, served as a side or as an entrée, just a half cup of these can add up to 8 grams of fiber!

Skin Is In

Eating fruits and veggies with the skin on helps boost fiber content. The skin also provides more essential nutrients and a crunchy texture.



Brown is Better

Switch to brown rice instead of white rice, whole wheat flour, whole wheat breads, whole wheat pastas instead of regular white versions. Look for ingredients such as "whole wheat" or "bran" on ingredient labels to make sure you are getting your fiber.



(502) 574-6663

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Fiber Counter



Adults need about 25-35 grams of fiber per day. You can increase your fiber by simply adding nuts or fruits to your yogurt or cereal. Remember to eat the skins on fruits and vegetables, and whole wheat breads and pastas are best.

Are you getting enough fiber? Do the math!



1c raisin bran
7 grams



1 c kidney
beans
11 grams

+

+



1 medium pear
5 grams



1c carrots
5 grams

+

+



1c broccoli
2 grams



1c raspberries
8 grams

+

+



1 oz almonds
3 grams



1c brown rice
1 gram

+

+



1 potato w/skin
4 grams



2 slices whole
wheat bread
4 grams

=

=

21
grams

29
grams

[Not quite]

YES!

Make the Switch!

Switching to whole grain can boost your fiber intake, helping you reach your daily goal!

Brown Rice (1/2 Cup)	1 grams
White Rice (1/2 Cup)	0.3 grams
Whole Wheat Pasta (1 Cup)	7 grams
Regular Pasta (1 Cup)	1 gram
Whole Wheat Bread (2 slices)	6 grams
White Bread (2 slices)	1 grams
Potato with Skin (1 medium)	4 grams
Potato without Skin (1 medium)	2 grams