Fiber: How to increase the amount in your diet

Why should I eat more fiber?

Eating foods that are high in fiber can help relieve some problems with constipation, hemorrhoids, diverticulosis and irritable bowel syndrome. Dietary fiber may help lower your cholesterol. It may also help prevent heart disease, diabetes and certain types of cancer.

How can I get more fiber in my diet?

You might try the following ideas to increase the fiber in your diet:

- Eat at least 5 servings of fruits and vegetables each day. Fruits and vegetables that are high in fiber include:

Apples	Oranges	Broccoli	Cauliflower
Berries	Pears	Brussels sprouts	Green peas
Figs	Prunes	Carrots	Beans

- Replace white bread with whole-grain breads and cereals. Eat brown rice instead of white rice. Eat more of the following foods:

| Bran muffins | Oatmeal | Multiple-grain cereals, cooked or dry |
| Brown rice | Popcorn | 100% Whole-wheat bread |

- Eat bran cereal for breakfast. Check labels on the packages for the amounts of dietary fiber in each brand. Some cereals may have less fiber than you think.

- Add 1/4 cup of wheat bran (miller's bran) to foods such as cooked cereal or applesauce or meat loaf.

- Eat cooked beans each week.

Start slowly.

Many people notice bloating, cramping or gas when they add fiber to their diet. Making small changes in your diet over a period of time can help prevent this. Start with one of the changes listed above, then wait several days to a week before making another. If one change doesn't seem to work for you, try a different one.

It's important to drink more fluids when you increase the amount of fiber you eat. If you don't already drink over 6 glasses of liquid a day, drink at least 2 more glasses of water a day when you increase your fiber intake.