

Fiber Fact Sheet

Eating foods that are high in fiber can help relieve some problems with constipation.

How to increase 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
 - Berries
 - Raisins
 - Prunes
 - Pears
 - Oranges
 - Broccoli
 - Carrots
 - Cauliflower
 - Peas
 - Beans
- **Switch to Whole Grain.** Replace white bread with whole-grain breads. Eat brown rice instead of white rice. Eat more of the following foods:
 - Multiple-grain cereals, cooked or dry
 - 100% Whole-wheat bread
 - Oatmeal
 - Brown rice
 - Popcorn
 - Bran muffins
- **Eat cereals high in dietary fiber for breakfast,** such as bran cereals. Check labels on the packages for the amounts of dietary fiber in each brand. Some cereals may have less fiber than you think.
- **Eat cooked beans weekly.**

Don't make too many changes at once!

Bloating, cramping or gas are experienced by many people when they increase the amount of fiber in 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, and then wait several days to a week before making another. If one change doesn't seem to work for you, try a different one.

IMPORTANT – Make sure to drink enough WATER!

You need to drink more fluids when you increase the amount of fiber you eat. You need to drink at least 8 glasses of liquid, preferably water, each day when you increase your fiber intake.