



33 Miller Avenue • Mill Valley, California 94941 • Phone: 415-380-9242 • Fax: 415-388-7458
351 San Andreas Drive • Novato, California 94945 • Phone: 415-878-4986 • Fax: 415-897-4771

Adding Fiber to Your Diet

Eating foods that are high in fiber can help relieve some problems with constipation, hemorrhoids, diverticulitis and irritable bowel syndrome. A high-fiber diet can provide long-term health benefits. Here are some tips to help you easily add fibers to your diet.

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 below, then wait several days to a week before making another. If one change doesn't seem to work for you, try a different one. You may have some gas or bloating at first, but your body will adjust in time.

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.

Tips for Increasing Fiber

- Start your day with a high-fiber breakfast cereal. Check labels on the packages for the amounts of dietary fiber in each brand.
- 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



- Include fruits or vegetables with every meal. Use carrot sticks or apple slices for snacks.
- Cooked fiber is just as effective as raw fiber, so incorporate high-fiber foods in your cooking.
- When preparing food leave edible skins and seeds, and use whole-grain flours.
- Serve fruit-based desserts.
- 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

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

If you still suffer from constipation, talk to your health care provider about fiber laxatives. Psyllium is a soluble fiber that is often used for this purpose. It can be taken in tablet form or as a powder that is mixed in a glass of water. Always read and follow the directions on the label carefully. Talk to your doctor or pharmacist if you have any concerns about fiber.