

High Fiber Diet

- ✓ Goal is 20-35 grams per day
- ✓ Read labels carefully
- ✓ Pay attention to “serving size”
- ✓ Increase fiber slowly (by 5 grams every 10-14 days)

You can use “soluble” fiber supplements, which are good for lowering cholesterol. These are the type that are “clear” (Benefiber) and are placed in things like yogurt, bars, brownies, etc. These are also naturally occurring in things like avocados, beans, oats, etc.

You can use “insoluble” types of fiber, which is what is found in the fibrous portions of plants.

- High fiber cereals like Raisin Bran or Fiber One
- Whole wheat breads like Nature’s Own Double Fiber (purple stripe) or regular whole wheat bread. ***Be sure to read labels regarding “Wheat” bread

Use this website to find fiber content of popular foods:

<http://www.prebiotin.com/resources/fiber-content-of-foods/>