How to Add Fiber to Your Meal

Fiber is the part of plant foods that the body cannot digest. Eating more fiber can help prevent constipation, diabetes and heart disease. Foods that contain a lot of fiber are filling, have lots of vitamins and minerals, and help maintain healthy weight.

**How Much Fiber is Enough?**

You can find out how much fiber is in food by looking at the dietary fiber line on a food label.

The Dietary Guidelines for Americans 2020-2025 recommends 25-34 grams of fiber daily for adults 18-51+ depending on age and sex.

**Easy Ways to Eat More Fiber**

- Eat high-fiber cereal like bran flakes, oatmeal, or shredded wheat
- Add raisins or berries to breakfast cereal
- Eat whole fruit instead of drinking fruit juice
- Eat vegetables such as carrots, winter squash, broccoli, cauliflower, peas, potatoes and avocado
- Add a salad to your lunch or dinner
- Leave the skin on apples, pears, and potatoes when you eat them
- Add beans (e.g. kidney, navy, etc.), chickpeas, or lentils to salads and soups, or eat beans as a side dish
- Eat popcorn for a snack
- Fill ¾ of your lunch or dinner plate with plant-based foods, such as fruits, vegetables, and whole grains

**TIP**

Fiber should be added very gradually to give your body time to adjust. Drinking plenty of water helps fiber do its work.

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