

great
living starts here™

quick starts for increasing fiber

- Eat skin of cleaned fruit and vegetables such as apples, tomatoes, peaches, and cooked potatoes.
- Gradually increase fiber in your diet. As you increase fiber, also increase your intake of water.
- Read the label and make sure bread is made from 100% whole wheat and/or contains cracked wheat or bran.
- Look for cereals with at least 2 grams of fiber per serving.
- For an extra boost, add raisins, dried fruit, or nuts to your cereal.



instead of...

- White rice
- Mashed potatoes
- White or corn bread
- Green and wax beans
- Ready-to-eat cereals made from corn, rice, or white flour
- Fruit and vegetable juices

choose...

- Brown rice
- Baked potato with skin
- Whole grain breads
- Dried beans: brown, kidney, limas, pinto
- Whole grain cereals: oatmeal, 100% bran cereal, and granola
- Fresh fruits and vegetables



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