

## Food That Fills You Up On Fiber

Trying to up your intake of fiber but don't know what foods to select? These foods are high in fiber and can help you up your daily intake.

### 12 grams of fiber

- ½ cup bran or Fiber One cereal

### 8 grams of fiber

- ½ cup cooked beans
- 1 cup carrots, broccoli, peas and squash
- 1 cup cooked bulgur wheat or lentils
- 1 cup cooked whole grains
- 1 cup raspberries and blackberries
- 1 large yam or sweet potato

### 6 grams of fiber

- ¾ cup bran Chex cereal
- 1 cup asparagus or Brussels sprouts
- 1 cup cooked brown rice, oat bran or whole-wheat pasta
- 1 cup lentil or bean soup
- 1 large ear of corn
- 1 large pear
- 2 slices whole-wheat bread
- 4 dried prunes

### 4 grams of fiber

- 1 cup blueberries or strawberries
- 1 cup cooked oatmeal
- 1 cup cooked vegetables
- 1 large apple or banana
- 1 large artichoke
- 5-ounce potato

- Commit to eating 100 percent whole-grain breads. Be sure that the first ingredient listed is a whole grain. Aim to eat breads that have three or more grams of fiber per slice.
- Double your servings of vegetables. You'll get more nutrients and feel fuller on fewer calories.
- Eat fruit at every meal. Eat frozen or canned fruit if fresh fruit is not available.
- Incorporate more whole grains into your cooking. Try a variety of grains such as barley, millet, buckwheat and bulgur. Use them as a base for hearty main-dish salads, stirred into soups or as an alternative to noodles.
- Start your day with hot or cold whole-grain cereal. It's an easy way to jump-start your day's fiber intake.
- Substitute beans or lentils for meat whenever possible. Exchange beans for at least some of the ground meat in pasta sauce, casseroles and chili. Toss beans into salads, soups and stews. Canned beans will save time, but drain and rinse them to cut down on the gassiness and to lose some of the added sodium.