

Tips to Increase Fiber

IN YOUR FAMILY'S DIET

1. Choose whole, real vegetables and fruit
2. Make smoothies instead of "juicing" fruits and veggies
3. Add fresh, frozen or dried fruit to cereal, oatmeal, yogurt and smoothies and baking
4. Wash the skins of fruits and vegetables instead of peeling them when you can. Choose whole, real vegetables and fruit
5. Choose whole grain breads, wraps, and pasta that have at least two grams of fiber per serving
6. Use high fiber cereal with at least four grams of fiber per serving
7. Serve oats more often
8. Choose nutrient-rich whole grains vs. refined grains (ie. quinoa vs. white rice)
9. Add lentils or beans to soups, casseroles and salads
10. Use frozen vegetables in a stir-fry or a casserole
11. Choose whole grain breads, wraps, and pasta that have at least two grams of fiber per serving
12. Add bran cereal and add it to pancakes, cookies, muffins and breads
13. Substitute whole grain wheat, teff or sorghum flour in place of white flour when baking bread, muffins, and loaves
14. Boost the fiber in your chilli by adding chickpeas and kidney beans
15. Spread hummus on whole grain flat bread, naan or roti or use as a dip for crackers or vegetables
16. Add soybeans or edamame to soups, stir-fry dishes and casseroles
17. Add ground flax seeds to cereal, porridge, roti or tortilla dough or dahl
18. Mix nuts, sunflower seeds and pine nuts and have a small handful as a snack
19. Add nuts or dried coconut to baked muffins



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**Family
Nutrition**