How to Eat More Fiber-Rich Foods

Many people don't consume enough fiber-rich foods and may experience some gastrointestinal discomfort when adding them in. These strategies from registered dietitian Dahlia Marin can ease the transition to an increased intake of these powerful health-promoting foods.

Increase the diversity of whole plant foods consumed: fruits, vegetables, whole grains, and legumes. Aim to consume at least 30 different plants per week.

Ease into increasing fiber consumption; start with adding one or two extra servings of whole plant foods per week (about 1⁄2 cup per serving).

Start with pre-broken-down fiber in the form of cooked foods and blended foods like smoothies and soups, and by using frozen fruits and vegetables whose fiber has been partially broken down by the ice crystals that form when they're frozen.

Begin with less-fermentable types of fiber as the process of fermentation is known to produce gas as a byproduct. Soluble non-fermentable fiber can be found in foods like beans, peas, lentils, oats, and other grains.

Fiber supplements shouldn't replace consuming fiber from whole plant foods. Just like you can't out-supplement an unhealthy diet, you can't out-supplement a low-fiber diet.

Remember to drink plenty of water!



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