

# HIGH-FIBER BREAKFAST



## RECOMMENDATIONS

Most Americans don't get the recommended grams of fiber. It's important to get the right amount of fiber to keep your digestive system running smoothly. The USDA's Dietary Guidelines for Americans suggest the following amounts of fiber:

- *Women under 50:* 25 to 28 grams per day
- *Men under 50:* 31 to 34 grams per day
- *Women 51 and older:* 22 grams per day
- *Men 51 and older:* 28 grams per day

## BENEFITS

### Soluble Fiber:

- Attracts water
- Turns to gel during digestion
- Slows digestion
- Found in oat bran, barley, nuts, seeds, beans, lentils, peas, and some fruits and vegetables.

### Insoluble Fiber:

- Does not dissolve in water
- Remains intact as it moves through the gastrointestinal tract
- Helps food pass more quickly through the stomach and intestines.
- Found in wheat bran, vegetables, and whole grains

## INCREASE

Eating a wide variety of fiber foods derived from nuts, whole grains, fruits, and vegetables is a great way to get all of fiber's health benefits. Even if you think you're eating enough fiber every day, chances are you could still up your fiber-rich morning meals.

If you want to get more fiber into your diet, breakfast is a great place to start. Having a high-fiber breakfast is an excellent opportunity to kickstart your intake. If you're wondering how to add fiber to breakfast, these ideas can help you start your day right.

## TIPS

- Increase slowly over 2 or 3 weeks
- Too much can cause bloating, gas, and cramps
- Drink plenty of water to help with stomach distress

## 5 High Fiber Breakfast Ideas



The Geriatric Dietitian

***Smoothie:*** Blend your favorite fruits with a handful of spinach or kale for a fiber-packed smoothie. Add chia seeds, flaxseeds, or oats for an extra dose of fiber.

*Vegetables for Breakfast:* Whisk together eggs and your favorite veggies for a fiber-rich omelet. Spinach, tomatoes, onions, and bell peppers are all excellent choices.

***High-Fiber Cereal:*** Choose high-fiber cereals with at least 5 grams of fiber per serving. Look for bran, oat bran, wheat bran, and whole wheat cereals. Use the cereal to make a breakfast parfait. Top a half cup of cottage cheese with a half cup of high-fiber breakfast cereal and one cup of raspberries or blackberries.

***Avocado Toast:*** Whole-grain or rye bread toast topped with mashed avocado is a simple yet satisfying high-fiber breakfast. Add a sprinkle of salt, pepper, and lemon juice for extra flavor, and consider topping it with an egg for added protein.

***Overnight Oats:*** Mix old-fashioned oats and milk in a 1 to 2 ratio and add sweeteners, salt, or other add-ins, such as dried or fresh fruit, nuts, or seeds, according to your tastes.