

## General Guidelines For Increasing Your Fiber

- Increase fiber in your diet slowly to prevent gas, cramping, bloating, or diarrhea.
- Drink at least 2-3 liters of water every day.
- Choose bread and cereal products with whole grain or whole wheat as the first ingredient.
- Eat vegetables and fruits raw or cooked tender-crisp.
- Add nuts, seeds, or bran cereal to salads.
- Combine regular or frozen yogurt with fresh fruit, nuts, seeds, or bran cereals.
- When baking use the following substitution:
  - 1 cup white flour = 1 cup whole wheat flour minus 2 tablespoons
  - ½ cup white flour plus ½ cup whole wheat flour
  - ¾ cup white flour plus ¼ cup wheat germ
- Avoid taking medications with a fiber-rich meal because it can interfere with absorption of the medication.
- For individuals with diverticular disease, there are no restrictions on foods such as nuts, berries, seeds or any foods containing seeds, pickles, squash, dried beans/peas or skins/peeling.