



Fruit-Eze, Inc.
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Fiber & Regularity: How Can I Increase Dietary Fiber Intake?

For healthy bowel function, soluble and insoluble fibers are an important part of a regular diet. All plant materials contain some of both types of fiber, but some plants have *more of one type* of fiber.

Eating a variety of fruits and vegetables at each meal every day is a simple way to increase dietary fiber intake and to ensure that you have obtained *both the insoluble and soluble dietary fiber needed for healthy bowel function*.

Below, some simple things you can do to increase both types of fiber in your diet.

About Increasing Dietary Fiber

Gas or bloating may occur when dietary fiber is suddenly increased.

A very gradual increase of fiber in the diet will help to reduce the amount of gas, bloating, discomfort or diarrhea that can occur with a sudden increase in dietary fiber. Spread out the increase of fiber over about three weeks to reduce these side effects.

Increased fluid intake and the use of a probiotic supplement will also help to minimize these effects when increasing fiber in your diet. Yogurt with live bacterial cultures can also provide this benefit.

Increasing Fiber at Breakfast

For breakfast, eat two servings of whole grain cereals that contain at least five grams of fiber per serving. To increase soluble fiber intake, add berries, bananas, or raisins to the cereal.

Prepare a fruit salad for breakfast. Dress it with yogurt. To increase insoluble fiber, top the fruit salad with about 1/2 cup of bran, oats, wheat germ or brown rice.

Prepare a fruit shake. Add wheat germ, bran or oatmeal to thicken the shake and add insoluble fiber.

Give pancakes, muffins and hot cereal a fiber boost with the addition of wheat germ, bran or oats *along with* berries, raisins or bananas.

Can I Rely on Bran Cereal, Whole Wheat Bread or Oatmeal for Fiber?

No. Bran and wheat do not contain enough soluble fiber to help keep you regular and oatmeal does not contain enough insoluble fiber to help keep you regular.

Fresh or dried fruits and vegetables however, contain ample amounts of both types of fiber (providing you also eat the skins). Along with bran, wheat and oatmeal, a diet that includes fruits and vegetables will help you to meet your daily dietary fiber needs.

Increasing Fiber at Snack Time

For snacks, eat fresh and dried fruits, fresh vegetables and whole grain crackers. Avoid processed, instant or convenience foods. Many of these products are low in fiber, but high in fats and sugar.

Yogurt or buttermilk (with live bacterial cultures) is a delicious snack that can increase the population of healthy bacteria in the gastrointestinal tract. These healthy bacteria help to breakdown waste, help to groom the colon and help to prevent against infection.

Fruit-Eze™ pure fruit regularity blend also makes a great snack time food. It is a concentrated source of both soluble and insoluble fibers that benefit bowel health and can help you to achieve regularity.

Increasing Fiber at Lunch & Dinner

For lunch and dinner, eat two servings of fruits including their edible peels (apples, pears, peaches, apricots, etc.). Or, prepare a fruit shake. To retain the fiber benefit of the skins, puree the fruits in a blender instead of juicing them. Mechanical juicing of fruits and vegetables usually removes the skin and membranes, *a very rich source of insoluble fiber*.

Have a salad with lunch and dinner. Eat two to three servings of fresh or cooked vegetables (cooked tender but firm) with their skins on.

Also, for lunch and dinner eat two to three servings of whole grains or whole grain food products such as brown rice, whole grain breads, cereals or pasta. Add grains (such as barley or rice) and cooked beans to soups and salads.

For a quick and convenient increase in dietary fiber, add Fruit-Eze™ pure fruit regularity blend to a sandwich or enjoy it by the spoonful as a dessert after lunch or dinner.

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Edible Fruit & Vegetable Skins

The skins of fruits and vegetables are a good source of insoluble fiber. Insoluble fiber helps to create bulk and helps to retain water in the stool.

There are a few things you can do to make the skins more palatable if you do not like their taste or texture.

First, *buy very fresh vegetables and eat them right away.* Though some vegetables “keep” better than others, the skin of some vegetables can turn bitter if stored too long.

Secondly, scrub vegetable skins with a *very stiff* brush. This will not only remove the dirt and bacteria, it will also tenderize the skin making it almost imperceptible once it is cooked. Tip: Use a small pot scrubbing brush for cleaning your vegetables if your “vegetable brush” is not stiff enough to scratch away the undesirable rough bits from the skin. Finish preparing the vegetable skins by scraping off any remaining scars and bruises with a knife or peeler.

Don't Have Time or the Desire to Eat All This Fiber?

Fruit-Eze™ pure fruit regularity blend may be a good solution for you. Just two servings per day can help you to improve your bowel health and help you to both *achieve and maintain* regularity. Try it today and *Get Going...Naturally™.*

*Article by Carole Engel
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It's easy to increase dietary fiber intake with delicious Fruit-Eze™ pure fruit regularity blend.

Get Going ...Naturally™

