Anticancer
LIFESTYLE PROGRAM

Tips to Increase Your Fiber Intake

How much fiber should you be consuming per day? The amount of fiber you need changes over time. Review this chart to figure out how much you may need.

	Age 50 or younger	**Age 51 or older**
Men	38 grams	30 grams
Women	25 grams	21 grams

(Source: Institute of Medicine, 2012)

To get this amount of fiber, try to consume 5-9 servings of vegetables and fruits per day, along with whole grains, nuts, seeds and beans. Remember to gradually increase your daily fiber to avoid abdominal discomfort! This chart gives you a sampling:

Food Choice	**Serving Size**	**Grams of Fiber (per serving)**
Raspberries	1/2 cup	4 grams
Apple	1 medium	4.5 grams
Brown rice	1 cup cooked	3.5 grams
Whole Wheat bread	1 slice	2 grams
Black beans	1 cup	15 grams
Almonds	1 oz.	3.5 grams
Broccoli	1 cup	5 grams
Acorn squash	1 cup	9 grams
Kale (raw)	2 cups	2.6 grams
Steel cut oatmeal	1/2 cup	2 grams