

12 easy ways to get more fiber



Most people get less than half of the fiber they need each day for optimal health and weight loss. Men and women up to age 50 should get 38g and 25g respectively each day. Children need about half this amount. Fortunately, you can easily increase the amount of fiber in your diet. Here are some tips to help.

Simply emphasizing grains, fresh or frozen fruits, vegetables, and fiber supplements in your diet will automatically get you enough fiber. Whole-grain foods, brown rice, legumes, fruits and vegetables are all high-fiber foods. Here's a list of helpful ideas for adding them to your life:

1. **Eat whole fruits and vegetables instead of juice.** While fruits and veggies are great sources of fiber, most or all of the fiber is removed from most juices.
2. **Use whole grains instead of white.** White breads, flours, and white rice have had the fiber removed. Instead use whole-wheat breads, whole grain cereals, containing wheat bran or oat bran, whole grain cornmeal, wheat germ, and barley. Use brown or wild rice instead of white rice.
3. **Have an *Herbalife Healthy Meal* each day.** Along with the Formula 1 Nutrition mix, blend in a cup of fresh or frozen fruits like strawberries, blueberries, an apple, banana, pear, or papaya. Include a tablespoon of dry oatmeal and a teaspoon of *Herbalife Active Fiber Powder* and you have a delicious, nutritious, high-fiber, protein-rich balanced meal providing up to 13g of fiber.
4. **Eat beans each week.** Most varieties of beans are a great source of fiber, especially kidney beans. Serve them a variety of ways like in soups, salads, burritos, or chili.
5. **Supplement.** Herbalife's *Active Fiber Powder* is tasteless and blends well in any liquid, sauce, dressing, or casserole (5g of fiber per serving). *FloraFiber*, and *Thermo-Bond* are tablets that conveniently add fiber, introduce "friendly bacteria," and absorb fat from foods.
6. **Choose your lettuce wisely.** Iceberg lettuce is a very poor source of fiber and other nutrients. Romaine lettuce, field greens, and spinach are healthier choices.
7. **Choose fruit-based desserts.**
8. **Add whole grains, dried beans and fiber powder to casseroles.**
9. **Check the labels** on store-bought foods for amounts of dietary fiber. Aim for 4-5g per serving.
10. **Buy more fruits and veggies.** If you buy them, you are more likely to eat them. Use carrot sticks or apple slices for snacks. Include fruits or veggies with every meal. Cooked fiber is just as effective.
11. **Drink lots of water and herbal teas** when you increase your fiber. Liquids help you digest fiber.
12. **Increase your fiber gradually.** Sudden increases can cause discomfort. Start with small changes adding a new source weekly. Some gas or bloating may occur at first, but your body will adjust.