

# HEALTHFUL TIPS

## Fiber Up!

You don't want to skimp on fiber—yet even pre-surgery most people don't meet the recommended intake of 25-30 grams a day. Not only does fiber help keep you regular, it can also help to guard against cancer, heart disease, diverticulosis, kidney stones, and it supports a healthy digestive tract. After surgery, the push to reach protein goals can limit fiber intake further since the best sources are fruits, vegetables and whole grains—those foods that are lacking in protein.

**Here are some ways to up your fiber intake.** Be sure to increase fiber slowly and be sure to increase your fluid intake at the same time.

- **Combine fruit and protein as snacks**—a small apple (3 grams) with peanut butter; ½ cup of raspberries (4 grams) with yogurt; or ½ fresh peach (1 gram) with cottage cheese.
- **Fiber up your yogurt**—add 1 tbsp wheat bran (1.6 grams); 1 tbsp flaxseed (3.3 grams); ½ cup fresh fruit (1-3 grams); or 1/3 cup All Bran cereal (8.6 grams).
- **Smear ½ cup raw veggies** with Laughing Cow Light cheese wedges (2 wedges have 4 grams protein)—carrots (2 grams); broccoli (4 grams); celery (4 grams); sweet pepper (1 gram).
- **Eat beans**—in your salad, in soup, as a side dish, in a wrap, with scrambled eggs, in a burrito, or pureed into a dip. They are little powerhouses, with about 8 grams of protein per ½ cup and 8 grams of fiber. Think black beans, chickpeas, pinto beans, navy beans, kidney beans, and white beans.
- **Use cauliflower**—in place of pizza crust, mashed potatoes, tater tots, or hash browns in a casserole, just to name a few ideas. Each ½ cup serving has 1.5 grams of fiber.
- **Fiber up sandwiches**—use high fiber wraps, add sliced tomato, lettuce and alfalfa sprouts.
- **Enrich with flaxseed**—stir ground flaxseed into your smoothie, soup, casserole, yogurt, etc. Each tablespoon has 3.3 grams of fiber.
- **Use veggies in place of pasta**—spaghetti squash, zucchini noodles, spiral vegetables, or mushrooms.
- **Eat nuts**—1 oz has 2-4 grams of fiber and 2-6 grams of protein. Almonds, walnuts, and pistachios are all nutritious choices.



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The only  
**BAD WORKOUT**  
is the one you  
**DIDN'T DO.**

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