

# Registered Dietitians Share Their Best Fiber Tips

## Via E-mail

### Lynne Kingsley, RD, LDN

- A great way to add fiber and omega 3 fatty acids is to add 1-2 tablespoons of ground flax seed to your breakfast cereal, yogurt, homemade muffins, and breads. I buy whole flax seed and store in the refrigerator. Then I use a coffee grinder to grind it just before using. You can buy the pre-ground flax seed for convenience. Remember flax seed contains fat and should be kept in the refrigerator to prevent spoilage.

### Karen Omichinski, RD, CDE

- Make a parfait of [bran cereal], sliced fruit and Greek yogurt. The best trick is to let it sit over night or for a few hours for the [bran cereal] to soften; then it is like a cheesecake, but full of fiber, protein, and taste!

### Yvonne Tapper-Gardzina, MS, RD, LN

- Sprinkle ground flax-seed, chia seeds, or hemp seeds on top of yogurt for breakfast or a snack.
- Make a healthy veggie shake (for breakfast) in a blender consisting of romaine lettuce or spring mix lettuce with water and any or a few of the following: carrots, cucumbers, apple, pineapple, frozen berries, avocado, banana, and seeds of choice. Protein powder can be added if desired.
- Instead of white flour, use white whole grain flour, or whole grain flour when baking muffins or cookies. Add some dried fruit for added fiber.
- Have a fruit for dessert...with the skin on for more fiber!
- Cut up celery and carrot sticks for a portable and quick snack!
- Instead of cooked oatmeal, use pearl barley, or a 7 grain whole grain cereal and add some dried cranberries and a few chopped nuts.
- Bake with beans! Lentils or black beans ground into a puree adds fiber and moisture instead of adding a lot of oil or butter.
- Make an omelet with fresh whole spinach leaves, tomatoes, and low-fat cheese.
- Instead of making chicken noodle soup, make a squash soup with butternut squash and pears.
- Instead of having one vegetable for dinner, include 2 or 3 different vegetables.

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## Via Twitter

### Tina Gowin, RD

- Eat the rainbow! Get as many different color fruits and veggies as you can—including the peel!

### Catherine Grych, RD

- Encourage switching out fruit juice for whole fruit and using celery to address crunchy cravings!

### Kristen Chang, MS, RD

- Give tips and provide recipes on incorporating more beans into their diet! Heart-healthy and budget-friendly.

## Via Facebook

### Deborah Salvatore, RD

- Choose 100% whole grain breads, cereals, pastas and other products along with brown rice and other whole grains!

### Rebecca Kirk- McConville, RD

- Mix old fashioned oats in cold cereal, hot cereal, breading, meatloaf, cobblers, and homemade breakfast bars.

### Laura Brickey, RD

- Look for breads with at least 3 grams of fiber per slice and incorporate beans into meals.

### Jen Haugen, RD

- Try adding a tablespoon of chia to add fiber to cereals, smoothies, salad dressing, and peanut butter on toast.

### Baretta Schmeissner, RD

- Rinse black beans and toss in a salad or soup to increase fiber and protein. Add beans to a whole grain tortilla, light cheese, and salsa...add a piece of fresh fruit and enjoy!

### Joanne Mitchell, DTR

- Add 1/4 cup flaxseed to quick bread or muffin recipes...and chopped almonds or walnuts to home baked items. I also add flaxseed to applesauce or smoothies. Keeping skins on mashed potatoes is good too!

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## Stephanie Shannon Musillo, RD

- Easily add these foods to daily meals to fill up on fiber: avocado, nuts, seeds, beans, fruits, vegetables, and whole grains!

## Lauren 'Matoushek' Fanelli, RD

- My patients are on dialysis so they have to stay away from whole grains. I recommend whole fruits instead of juice— apples, pears, and berries, for example.

## Jennifer Jusinski, RD

- Choose [foods with] the least amount of processing, grains, fruit or vegetables. Eat closest to its natural form!

## Erica Saldi, RD

- Add a tablespoon of psyllium husk powder to a protein shake. I also incorporate it into some baked goods. Raspberries and blackberries are also great!

## Diana Cullum-Dugan, RD

- (High-fiber recipe) 1/2 cup dry oats cooked with water, 2-3 tablespoons dried fruit of choice, 1/2 medium apple cubed, when cooked poured over 1/2 sliced banana. Stir in 1/2 teaspoon cinnamon and a pinch of cloves then top with 1 1/2 tablespoon hemp hearts. Add soy milk to thin as desired.

## Andrea Stewart, RD

- Add color (fruits & vegetables) to each meal and make one of your daily snacks a fruit or vegetable.
- Blend or juice several fruits or veggies together daily with ground flax-seed meal for a power pack punch of fiber and nutrients.
- Incorporate whole grains into each major meal: breakfast, lunch and dinner (either with whole grain breads, grains, pasta or cereal).

## Kathy Birkett, RD

- My personal favorite: add bran cereal to my yogurt to give a crunch and added fiber.

## Lena Felfel, RD

- Mix a cup of high fiber cereal of your choice with 1/4 cup of your favorite dry fruits such as cranberries and 1/4 cup of nuts such as whole almonds. I keep [this mixture] in my bag as a snack.

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## Beth Lloyd, RD

- Add flaxseed to yogurt and fruit. It tastes like cheesecake. Yum!

## Monica Slingerland, RD

- When in season, eat a pear every day.
- Adding a tablespoon or two of ground flax seed to cereal, smoothies, salads, & yogurt are all easy ways to increase your fiber intake throughout the day.
- When increasing fiber in the diet, it's important to drink a lot of water—at least 8 cups/day!
- For a fiber-full dessert, I recommend blending a cup of raspberries with a half cup of milk!

## Cara Lowenthal, RD

- Sprinkle chia seeds into oatmeal, yogurt, smoothies, eggs, sauces, sandwiches, and pancake mix, etc.! 1tbsp = approximately 5g fiber.