

## TIPS FOR NEW NONSMOKERS

### Fiber is Your Friend

Fiber helps you digest and move food through your body and prevents constipation.

#### Getting More Fiber

Most people only get about half of the fiber they need.

The best way to get fiber is to eat fruits, vegetables, beans and whole grains. Adding a lot of fiber to your diet quickly can result in gas or diarrhea- add fiber to your diet slowly.

Fiber supplements like Metamucil can help relieve constipation, but can cause bloating, diarrhea and gas. Supplements can also interfere with medication, ask your doctor first.

#### Find Fiber

You need 25 to 30 grams of fiber each day. To find out how much fiber is in your food look at food labels; they give the amount of dietary fiber in each serving.



#### Fiber in Foods

- 15 grams 1 cup red kidney beans
- 5 grams 1 potato with skin
- 13 grams ½ cup all bran cereal
- 3 grams 1 medium apple
- 4 grams 1 cup broccoli
- 9 grams 5 dried figs
- 8 grams 5 dried prunes
- 1 gram 1 stalk celery
- 5 grams ½ cup of sweet corn

#### Which is Your Breakfast?

##### High Fiber Breakfast

- ½ cup all bran cereal = 3 grams
- 5 uncooked figs = 12 grams
- Total: 25 grams

##### Low Fiber Breakfast

- 1 cup Cheerios = 1 gram
- Orange juice = 1 gram
- Total: 2 grams

