

More Fiber, Better Benefits: Simple Ways to Support Your Health

Getting enough fiber can support digestive health, heart health, and overall well-being.

Fiber is an important part of a **balanced** diet, yet many people do not get enough each day. Fiber supports digestive health, helps maintain healthy cholesterol levels, and promotes feelings of fullness. Most **women need about 25 grams** of fiber per day and most **men need about 38 grams**, according to national guidelines. You don't need a complete diet overhaul to get more of it. Increasing fiber **gradually** and choosing a variety of fiber-rich foods can help support better health over time. Small changes to your daily meals can make it easier to reach your recommended intake.

Build More Fiber Into Your Day

- Swap one refined grain (white rice, white bread, or regular pasta) for a whole-grain version at least 3–4 times this week.
- Start your day with oatmeal or a high-fiber cereal instead of refined options, and drink water throughout the day as you increase fiber.
- Add a piece of fruit with the skin to breakfast or as an afternoon snack. The skin holds much of the fiber, antioxidants, and plant compounds that keep you fuller longer and support steady energy and blood sugar.
- Include at least one extra serving of vegetables daily and aim for variety (broccoli, carrots, leafy greens, etc.).

SOURCE: U.S. FOOD AND DRUG ADMINISTRATION

