

## FACTS ABOUT



# *Fiber for Seniors*

Fiber-minded seniors can put pep in their step by choosing from a variety of fiber-rich foods. To get enough fiber, the National Institute on Aging recommends eating three servings of whole-grain products, three servings of vegetables and two servings of fruit each day. By eating a balanced diet based on MyPlate, and getting regular exercise, you won't need fiber supplements.

### **TIPS**

1. Begin your day with a bowl of fruit-topped, whole grain or bran cereal and a slice of whole grain toast or a bagel with all-fruit spread.
2. Sneak some fiber into an American favorite. Add whole wheat bread or cracker crumbs, oatmeal, oat bran or crushed bran cereal to your favorite meatloaf recipe.
3. Add barley, beans or whole-wheat crackers to soups or have a whole grain roll or a slice of whole grain bread on the side. For something new, make a bread bowl for your next soup-and-salad supper. Scoop out a round loaf of bread and use the insides for dipping into the soup.
4. Drink up. You need plenty of fluids to aid the flow of fiber through your digestive track. That's especially important if you're taking medication, which can sometimes block the movement of fiber through your digestive system.