

## 4 Ways to Increase Fiber (for a Healthy Digestive and Immune System)

Digestive tissue represents almost [70% of the immune system](#).

Therefore, digestive health is critical to the body functioning correctly, and maintaining internal stability.

One of the ways to increase digestive health is to increase the amount of dietary fiber. However, if done incorrectly, it can have the opposite effect and overload the digestive system.

It's important to know how to increase dietary fiber in a healthy way, and where to find good sources of fiber.

### How to Increase Dietary Fiber

- 1. Slowly increase.** Changing the amount of fiber quickly can lead to bloating, discomfort, and overwhelm your digestive system. Slowly increase the amount of fiber in your diet.
- 2. Fluid increases with fiber.** As you increase your fiber intake, increase your fluid intake. Drink more water, juice, broth, and soups as you increase the amount of fiber.
- 3. Eat Soluble and Insoluble.** There are two types of fiber: soluble and insoluble. Soluble include fruits, vegetables, brans, and oatmeal. Insoluble fibers include cereals, wheat, and whole grains. Eat a balance of both types of fiber.
- 4. Be Steady.** Eat fiber every day. This can become difficult when traveling, eating out, and through food choices alone (depending on what you're eating on a daily basis). Adding supplements can help maintain a steady fiber intake.

## What foods are high fiber foods?

Many fruits, vegetables, cereals and nuts are high fiber sources. The [American College of Gastroenterology](#) lists these items as good sources of fiber:

### Fruits

- ✓ Apples (with skin)
- ✓ Pears (with skin)
- ✓ Berries
- ✓ Dates
- ✓ Figs
- ✓ Prunes

### Veggies

- ✓ Black beans, baked beans, lima beans, pinto beans
- ✓ Broccoli
- ✓ Chick-peas
- ✓ Lentils
- ✓ Parsnips Peas
- ✓ Pumpkin
- ✓ Rutabaga
- ✓ Winter squash

### Other Sources

- ✓ Barley
- ✓ Whole wheat or bran bread and muffins
- ✓ Branflake cereal
- ✓ Bran cereal
- ✓ Oatmeal cereal
- ✓ Shredded wheat cereals
- ✓ Coconut
- ✓ Rye or whole what crackers
- ✓ Almonds
- ✓ Brazil nuts
- ✓ Peanuts
- ✓ Pecans
- ✓ Walnuts

- ✓ Brown rice
- ✓ Pumpkin seeds
- ✓ Sunflower seeds

### **Conclusion**

Digestive health is critical to overall health and a well-functioning immune system. One of the ways to increase digestive health is to maintain a high fiber diet and to take supplements to maintain a balanced fiber level in the body.

For more information about good digestive health, [sign up for our bi-weekly newsletter here!](#)