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**High Fiber Diet**

Follow these guidelines to increase fiber in your diet:

1. Follow Canada's Food Guide to help plan nutritionally balanced meals and snacks.
2. Include 3 or more choices each day from the list of "high fiber foods to emphasize", e.g.
  - 125 ml (1/2 cup) cereal from list of "High fiber foods"
  - 30 ml (2 tbsp) raw 100% bran
  - 1 muffin containing raw 100% bran
  - 2 slices 100% whole grain bread
  - 175 ml (3/4 cup) of legume dish (dried beans, peas or lentils)
3. Limit the use of low fiber foods
4. Evenly distribute high fiber foods throughout the day
5. Increase fiber intake gradually. Bloating and intestinal gas may occur temporarily
6. Emphasis is placed on good eating habits; eat meals at regular times and in a relaxed atmosphere
7. **Drink at least 1500-2000 mls (6-8 cups) of fluid daily – very important!**
8. Individual food tolerances vary. Initially some foods may cause discomfort and should be avoided. These foods can be reintroduced later, as tolerated.
9. An excellent option for a mild stool softener is ground flax seeds. These can be bought whole from the health food store and ground in a coffee grinder. Take 2-3 tablespoons in the morning and evening mixed with water, juice, milk, yoghurt, on cereal or in any other way you wish. Take with plenty of water and do not heat the flax seeds.