Here’s how to incorporate fiber into your diet:

- Eat fiber-rich fruits as snacks or use them as ingredients in your favorite recipes. Pears have 4 grams of fiber, apples have 3, strawberries have 3 per cup and bananas have 2 grams of fiber. These fruits would be delicious in salads, on cereal, in yogurt or as toppings on desserts.
- Select cereals that contain at least 2 grams of fiber per serving.
- Eat short-grain brown rice that has 4 grams of fiber per cup.
- Breakfast eaters consume less fat and cholesterol than non-breakfast eaters.
- Incorporate lots of veggies into your diet by adding them to soup, on top of pizza, in a sandwich, in pasta or eat them raw with some low-fat dip.

It’s easy to meet your daily fiber needs by simply eating 2 cups of fruit and 2½ cups of vegetables per day (recommended as part of a 2,000 calorie diet).