

To get the fiber your body needs, eat a well-balanced diet that includes delicious high-fiber foods like these:

FRUITS

Fiber-rich fruits include: bananas, oranges, apples, mangoes, strawberries, raspberries.

VEGETABLES

Generally, the darker the color, the higher the fiber content. Fill up your shopping cart with: carrots, beets, broccoli, collard greens, swiss chard, spinach, artichokes, potatoes (russet, red, and sweet).

BEANS & LEGUMES

Beans and legumes are flavorful, fiber-filled additions to salads, soups, and chilis. Navy, white, garbanzo, kidney, peas, or lentils are all healthy choices.

BREADS & GRAINS - Whole grain breads: Select 7-grain, dark rye, cracked wheat, pumpernickel. Make sure "whole wheat" or another whole grain is listed as the first ingredient.

- Grains: Try bulgur wheat, brown rice, wild rice, and barley instead of white rice.

- Cereals: Look for those with 5 or more grams of fiber per serving.

Popcorn. It's a great source of fiber.

NUTS/SEEDS Almonds, pecans, and walnuts have more fiber than other nuts.

Snack on almonds, pistachios, or pumpkin and sunflower seeds. But don't go too nuts, as nuts can be high in calories.