

Adding Fiber to Your Gluten-Free Diet

Fiber is important in everyone's diet. Fiber is beneficial in reducing risk of heart disease, lowering cholesterol, reducing risk of some cancers, and aiding in a healthy gastrointestinal system.

Undigestible fiber aids in bowel regularity. These fibers are not digested by the body and may be seen in the stool. An example of undigestible fiber is the skin on corn. These fibers are also known as insoluble fiber.

Fermentable fibers are fibers that can be digested by the body. The last stage of digesting these fibers happens in the large intestine where they go through a fermentation process. Fermentation can cause increased gas, bloating, and discomfort when you are not used to a lot of fiber in your diet. Legumes are an example of a soluble fiber source. These fibers are also known as soluble fibers.

Recommended Fiber Intake for Adults 25-35 grams/day.



Tips for Adding Fiber

1. Add fiber slowly - adding fiber too fast can cause increased bloating, gas and stomach pains. Add 1 extra serving a day for several days, then add another serving the same way until you reach your goal.

2. Drink plenty of water - without adequate fluids, you could become constipated or have hard stools. Drink at least 6-8 glasses of water a day. Caffeine drinks can cause dehydration and should not be considered in your daily fluid intake.

3. Exercise - daily exercise helps the GI tract to work better. A daily walk is all it takes.

4. Eat more fresh fruits and vegetables - fresh fruits and vegetables are an easy way to add fiber to your diet. Another great way to add fiber is to include legumes (beans like kidney, garbanzo, and limas) or peas, such as split peas and lentils. Try using the GF flours below in your baked goods or use the seeds as a side-dish to a meal.

Gluten-Free Fiber Sources

GF Flours (1 cup)	Grams Fiber	GF Grains (1 cup)	Grams Fiber
Amaranth	18	Amaranth seed	30
Brown rice	7	Brown rice	7
Buckwheat	12	Buckwheat groats	17
Chickpea (Garbanzo bean)	20	Cornmeal	10
Flax meal	34	Flax seed	43
Garfava®	12	Millet seed	17
Montina®	36	Quinoa seed	10
Quinoa	6	Wild Rice	10
Soy	12		



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