



Building a fiber-rich diet

Fiber is an important part of a balanced diet but most people don't get enough. For people living with kidney disease, it is important to include fiber-rich foods into your diet to help you feel your best. Fiber is found in plant-based foods, cannot be digested, and helps with weight loss, heart disease, diabetes, and digestion.

There are two main types of fiber, insoluble and soluble, and both are beneficial.

Insoluble fiber can aid food moving through your digestive system, promote regularity, and help prevent constipation. Some insoluble foods include whole wheat products like brown rice and quinoa.

Soluble fiber can help lower glucose and cholesterol levels. Soluble foods include oatmeal, beans, lentils, chia seeds, apples, and blueberries.



QUICK TIPS

- Aim to eat at least 25 grams of fiber daily
- Find the fiber content of food on the nutrition label
- Increase dietary fiber slowly to avoid gas, bloating, and cramps
- Make snacks count—eat hummus with raw vegetables, unsalted popcorn, or fruit with edible skins to increase your daily fiber
- Add a ½ cup of beans (black, kidney, chickpeas) to one meal a day to increase fiber intake
- Talk with your dietitian for help incorporating more fiber into your day



WE ARE HERE FOR YOU

Your care team can help you—so reach out whenever you feel the need.



ACTIVITY

My high-fiber meal plan

Including healthy, high-fiber foods into your daily meal plan is easy, and delicious too! Use the example to create a daily meal plan with your dietitian. They will help you choose foods that meet all of your daily nutritional needs.

HIGH-FIBER FOOD EXAMPLES:

1 cup cooked oatmeal
5 grams



½ cup low-sodium black beans
7.5 grams



10 baby carrots with low-sodium ranch
3 grams



3 cups popcorn, low salt
3.5 grams



1 cup green beans
4 grams



½ cup brown rice
4.5 grams



1 cup whole wheat pasta
4 grams



¼ cup almonds
4 grams



1 cup berries (strawberries, blueberries, raspberries)
5 grams



1 medium apple w/ skin
5 grams



1 cup peas, carrots, broccoli
5 grams



½ cup no-salt-added chickpeas
5 grams



MY HIGH-FIBER DAILY MEAL PLAN:

BREAKFAST	LUNCH	DINNER	SNACK
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____ grams	_____ grams	_____ grams	_____ grams
			TOTAL _____ grams



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Visit [FreseniusKidneyCare.com/Recipes](https://www.freseniuskidneycare.com/Recipes) to search our library of recipes. Be sure to check the nutrition facts to see how much fiber is in each serving.