

THREE WAYS TO A HIGH-FIBER BREAKFAST

Breakfast provides opportunities to kick-start our day with essential nutrients. Among the many nutrients, adding fiber to breakfast is often a challenge. Eating enough fiber improves digestive and heart health and maintains normal blood sugar levels. Consuming a fiber-rich breakfast can help keep you full until your next meal. The USDA recommends a fiber intake of 25 grams for women and 38 grams for men. If you miss out on fiber at breakfast, make an effort to add fiber in other meals.

3 SIMPLE WAYS TO PREPARE A FIBER-RICH BREAKFAST

1. Whole grains

Bread, bagels, and buns are part of a grab-and-go breakfast. Picking whole-grain breads and cereals can be a healthier option.

2. Pancake makeover

You can boost your pancakes by adding steel-cut oats, eggs, high-fiber fruits such as berries, and nuts. This can help you meet one-third of your daily fiber needs. Using whole wheat flour instead of refined flour is also a great way to add more fiber.

3. Don't forget the fruit

End your breakfast with a fruit to make it more complete. Fruits consumed whole, provide more fiber than in the pureed or juice form.

For more information and helpful tips on how you can plan meals and meet your daily fiber needs, visit: [nutrition.gov](https://www.nutrition.gov).

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