

**Mayo Clinic Minute**

**How much fiber do you need each day?**

VIDEO	AUDIO
	<i>Sound of cereal being poured into a cereal bowl</i>
	It's good to start your day with some high-fiber foods.
	Mayo Clinic dietitian Kate Zeratsky says the right breakfast can get you more than a quarter of the way to your daily fiber goal.
	High-fiber cereals are an easy and tasty way to get your fiber in.
	Also, fruits are a good source of fiber, and nuts and seeds.
Graphic: Whole-grain products Vegetables Beans and legumes	So are whole grain products. Vegetables offer lots of roughage. And beans and legumes are great sources of fiber.
Graphic: Men under 50 – 38 grams Older men – 30 grams Women under 50 – 25 grams Older women – 21 grams Source: Institute for Medicine	Men under 50 should strive to get at least 38 grams of fiber a day. Older men – 30 grams. Women under 50 should aim for at least 25 grams. And older women, at least 21 grams.
Title: KATE ZERATSKY DIETITIAN Mayo Clinic	My recommendation is, as people increase the amount of fiber in their diet to meet those recommendations, is to do it slowly and gradually. And drink plenty of water.
Graphic: Promotes Bowel health Protects against Bad cholesterol Diabetes	You'll be promoting bowel health and protecting against bad cholesterol and diabetes.
	Plus, since fiber stays in your stomach longer, you may find it easier to maintain a healthy weight.

Graphic:  
[newsnetwork.mayoclinic.org](http://newsnetwork.mayoclinic.org)

For the Mayo Clinic News Network, I'm Jeff Olsen.