

Increasing Fiber Intake on a Gluten Free Diet

Although many whole grains must be avoided on the gluten free diet, it does not necessarily mean that fiber intake has to be low. There are many foods that are high in fiber and also gluten free. Many gluten free products are made with brown or wild rice and other grains that boost the fiber content.

You should aim for at least 25 grams of fiber a day. For kids, the general rule of thumb is “age + five.” For example, a 6 year-old would need 11 grams of fiber a day. Daily recommended intake (DRI) may be higher for your child. The charts below list foods high in fiber. As ingredients may sometimes change, remember to double check the label.

Gluten Free Grains and Grain Products

2-3 grams	4-5 grams	6-9 grams
¼ cup dry basmati brown rice	¼ cup dry wild rice	¼ cup Ener-G® Rice Bran (can be sprinkled on cereals, yogurt, used in baking) 19 grams
¼ cup dry quinoa	½ bag microwave popcorn	¼ cup Bob’s Red Mill® Gluten Free dry Amaranth
2 oz dry quinoa pasta	2 Van’s® Gluten Free Waffles	3 Tbsp Bob’s Red Mill® Golden Flaxseed (can be used in baking or smoothies)
¼ cup dry buckwheat cereal	½ cup Enjoy Life® Cinnamon granola	¼ cup Bob’s Red Mill® Millet
40 Ener-G® Wylde Pretzel Rings	½ cup cooked brown rice pasta w/1/2 cup marinara	
1 Glutino® GF Breakfast Bar	1 Ener-G® English Muffins	
15 Mary’s® Gone Crackers	¼ cup Bob’s Red Mill® Gluten free Steel cut oats	
¾ cup Barbara’s Gluten Free Puffins	¼ cup Bob’s Red Mill® Gluten Free Quinoa	

Naturally gluten free, many fruits and vegetables are good sources of fiber.

2-3 grams	4-5 grams	6-7 grams	8-9
1 raw fig	1 medium apple	1 medium papaya	1 medium avocado
1 kiwi	1 cup blueberries	1 medium artichoke	½ cup pitted prunes
½ cup raisins	1 raw mango	1 cup brussel sprouts	1 cup baked acorn squash
½ cup cooked broccoli	1 orange	½ cup navy, black-eyed peas, chickpeas	1 cup green peas
1 cup butternut squash soup	1 pear	¾ cup blackberries	1 cup acorn squash
3 tablespoons almonds	1 cup boiled green beans		
2 small tangerines	1 cup boiled collards		
	1 medium baked or sweet potato w/skin		

To order specialty products listed above, please visit:

<http://www.glutino.com/english/index.cfm>

<http://www.ener-g.com>

<http://www.vanswaffles.com/wheatfree.php>

<http://www.enjoylifefoods.com/content/Recipies.asp>

<http://www.healthvalley.com/products/cookiescrackers.php>

<http://www.bobsredmill.com/shop/gluten-free.html>