

Tips For

Increased Fiber Intake

During Pregnancy



Drink more water when eating meals high in fiber.



Increase your fiber intake gradually because a sudden increase could result in digestive issues.



Consider wholegrain bread, rice, cereal, and pasta.



Include more vegetables in your meals and eat raw fruits and vegetables as snacks to meet your increased dietary fiber intake.



Include nuts or cereals in your diet, either as toppings or munching.



Get a customized high-fiber diet plan from a trained dietician.



Mom Junction

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