



# Adding Fiber to Your Gluten-Free Diet

GIG Education  
Bulletin

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Fiber is important in everyone's diet. Fiber is beneficial in reducing risk of heart disease, lowering cholesterol, reducing risk of some cancers, and aiding in a healthy gastrointestinal system.

**Undigestible fiber** aids in bowel regularity. These fibers are not digested by the body and may be seen in the stool. An example of undigestible fiber is the skin on corn. These fibers are also known as insoluble fiber.

**Fermentable fibers** are fibers than can be digested by the body. The last stage of digesting these fibers happens in the large intestine where they go through a fermentation process. Fermentation can cause increased gas, bloating, and discomfort when you are not used to a lot of fiber in your diet. Legumes are an example of a soluble fiber source. These fibers are also known as soluble fibers.

**Tips for adding fiber**

**Add fiber slowly:** Adding fiber too fast can cause increased bloating, gas and stomach pains. Add one extra serving a day for several days, then add another serving the same way until you reach your goal.

**Drink plenty of water:** Without adequate fluids, you could become constipated or have hard stools. Drink at least six to eight glasses of water a day. Caffeine drinks can cause dehydration and should not be considered in your daily fluid intake.

**Exercise:** Daily exercise helps the GI tract to work better. A daily walk is all it takes.

**Eat more fresh fruit and vegetables:** Fresh fruits and vegetables are an easy way to add fiber to your diet. Another great way to add fiber is to include legumes (beans like kidney, garbanzo and limas) or peas, such as split peas or lentils. Try using the GF flours below in your baked goods or use the seeds as a side dish to a meal.

### Gluten-Free Fiber Sources

<u>GF Flours (1 cup)</u>	<u>Grams Fiber</u>	<u>GF Grains (1 cup)</u>	<u>Grams Fiber</u>
Amaranth	18	Amaranth seed	30
Brown rice	7	Brown rice	7
Buckwheat	12	Buckwheat groats	17
Chickpea	20	Cornmeal	10
Flax meal	34	Flax seed	43
Gafarva	12	Millet seed	17
Montina	36	Quinoa seed	10
Quinoa	6	Wild rice	10
Soy	12	Oatmeal	10
Oats	10		

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*This information should not be used to diagnose or treat thyroid or celiac disease. See your health care team for diagnosis and treatment options specifically for you.*

**Recommended daily  
fiber intake for  
adults: 25-35 grams**

**Visit your local GIG Branch:**

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*GIG is a nonprofit 501c3 national organization providing support for per persons with gluten intolerances, in order to live health, productive lives. GIG Branches provide support at a local level.*