



# High-Fiber Food Ideas for the Holidays

(just Google any favorite high-fiber choice for recipe)



- Whole grain breads, rolls, cereals
- Whole cranberry relish
- Sweet potatoes
- Winter squashes
- Beans (green, chili, lima, black, navy, etc.)
- Vegetable dishes (spinach soufflé, brussel sprouts, vegetable casserole, stir-fry)
- Soups (veggie, bean, squash, lentil, broccoli, corn chowder, split pea, etc.)
- Hot cereals (add nuts & dried fruit)
- Fruit desserts (cut back on added sugar)
- Relish trays
- Fruit trays
- Stews and goulashes



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