



Fiber Reintroduction Guide

**LEARN HOW TO SLOWLY BRING
FIBER BACK INTO YOUR DIET
WITHOUT SYMPTOMS**

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Fiber Reintroduction Guide

Getting a variety of plant fibers in your diet is one of the most important elements of a healthful diet and therefore a healthful digestive system. However, when you're dealing with a gut that needs some TLC, fiber can feel like the enemy.

But don't lose hope!

The key is to slowly build up your gut's strength so you can tolerate them. This process takes time - **low and slow is the motto!**

Here's how...



START HERE

If you don't
regularly
consume any
of these foods

- Start with greens and build tolerance (try 1-2 at first and increase variety as able)
- Then add in sprouted whole grains (try 1-2 at first and increase variety as able)
- Then add soaked and sprouted legumes (try 1-2 at first and increase variety as able)
- Then add soaked and sprouted nuts/seeds (try 1-2 at first and increase variety as able)
- Then add cruciferous vegetables (try 1-2 at first and increase variety as able)

If you
consume these
foods
occasionally

- Start by trying to include 1 serving of each per day
- If you do not tolerate them well, switch to soaked and sprouted versions (see page 6 for product suggestions)
- Then work to improve tolerance of these and include a variety each day
- Consume cooked, not raw greens and cruciferous veggies to start

If you
consume these
foods regularly

- Work on increasing variety each day
- Aim for 30 different plants per week (includes fruit, veggies, herbs, spices, beans/legumes, nuts/seeds, and grains)
- Try switching out different grains and nuts each week
- Try to eat as many colors as possible
- Opt for sprouted or soaked if increasing the amounts of these causes more bloating



BRAND RECS FOR YOUR FIBER REINTRODUCTION NEEDS

PRODUCT

SWAPS

Bread	<ul style="list-style-type: none">• Dave's Killer Bread• Ezekiel Bread• Alvarado St. Bakery's Thin Sliced Flax & Chia Sprouted Bread• Silver Hills Bakery• Simple Kneads or Sprouted for Life (if you need a GF version)
Pasta	<ul style="list-style-type: none">• Banza Pasta (high in protein & made with chickpeas)• Trader Joes Brown Rice & Quinoa (GF)• Trader Joes Red Lentil Sedanini• TruRoots Pasta• Ancient Harvest Organic Quinoa Rotini
Rice/Quinoa	<ul style="list-style-type: none">• Thrive Market Sprouted Rice• Thrive Market Sprouted Quinoa• Lundberg Farms Sprouted Rice• TruRoots Sprouted Rice• TruRoots Sprouted Quinoa
Beans/Lentils	<ul style="list-style-type: none">• TruRoots Sprouted Beans• TruRoots Sprouted Lentils• Search for sprouted lentils on nuts.com• Eden Organic canned beans (canned with Kambu Seaweed)
Nuts/Seeds	<ul style="list-style-type: none">• Go Raw Sprouted Seeds or Nuts• Living Intentions Activated Nuts• Search for sprouted nuts on nuts.com• Hnina Gourmet• The bulk section at some grocery stores, such as Whole Foods

HOW TO

Greens & Veggies

Like spinach, kale, arugula, chard, etc.

To start: add in 1/4 cup cooked at one time

- *If gas, bloating, or more constipation occurs, continue at current dose until symptoms are gone*

After tolerance: increase to 1/3 cup, then 1/2 cup at one time, then raw

- *Same protocol as above*

For better digestibility, consume cooked greens to start. You can also try blending the greens into smoothies or adding them to soups first.

Whole Grains

Like brown rice, quinoa, oats, bread, pasta, etc.

To start: add in 2T (cooked) or 1/4 slice for bread

- *If gas, bloating, or more constipation occurs, continue at current dose until symptoms are gone*

After tolerance: increase to 1/4 cup (cooked) or 1/2 slice, then desired dose

- *Same protocol as above*

For better digestibility, started with sprouted grains, bread, or oats. If you don't have these on hand, try soaking the grains overnight before cooking.

Beans/Legumes

Like black beans, lentils, chickpeas, etc.

To start: add in 1T at a time

- *If gas, bloating, or more constipation occurs, continue at current dose until symptoms are gone*

After tolerance: increase to 2T, then to desired dose

- *Same protocol as above*

Soak overnight & drain liquid before cooking. If canned, strain liquid, rinse, & then drain again. You can also buy pre-sprouted beans/legumes. Consider cooking beans with kombu seaweed.

Learn how to sprout or soak your beans, nuts, legumes & seeds.

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Step Two

HOW TO

Nuts

Like cashews,
almonds, pecans,
walnuts, etc.

To start: add in 1-2 nuts for 1tsp nut butter

- *If gas, bloating, or more constipation occurs, continue at current dose until symptoms are gone*

After tolerance: increase to 4-5 nuts or 2 tsp nut butter

- *Same protocol as above*

After tolerance: increase to 1/4c nuts or 1T nut butter with the goal of 2T nut butter

For better digestibility, use sprouted & soaked nuts.

Seeds

Like chia, flax,
hemp, pumpkin, etc.

To start: add in 1 tsp

- *If gas, bloating, or more constipation occurs, continue at current dose until symptoms are gone*

After tolerance: increase to 2 tsp, then 1T, then 2T

- *Same protocol as above*

For better digestibility, soak chia seeds overnight. You can also try sprouted seeds, like pumpkin & sunflower.

Cruciferous Veggies

Like Brussels sprouts,
cauliflower, broccoli,
etc.

To start: add in 1-2 pieces at a time

- *If gas, bloating, or more constipation occurs, continue at current dose until symptoms are gone*

After tolerance: increase to 2-3 pieces

- *Same protocol as above*

After tolerance: increase to 1/3 cup & continue to slowly increase amount as tolerated

For better digestibility, start with these steamed & then progress to roasted. If you don't tolerate steamed at the beginning, try the 1-2 pieces pureed (like in a smoothie).

Learn how to sprout or soak your beans, nuts, legumes & seeds.



Step Three

HELPFUL WAYS TO ADD FIBER

Greens

Like spinach, kale, arugula, chard, etc.

- egg scrambles
- smoothies
- soups
- casseroles
- kale chips
- pasta sauce
- other sauces
- smoothies
- stir-fry
- pesto

Seeds/Nuts

Like chia, flax, hemp, pumpkin, etc.

- egg scrambles
- salad dressing
- nut butter
- smoothies
- oatmeal
- make chia pudding
- yogurt
- stir-fry
- salad topping
- baked in bread/muffins/etc.
- breakfast bars/balls
- pancakes
- added to tea
- ground meat
- tuna or chicken salad
- dips
- homemade granola
- homemade trail mix
- on top of your sweet potato

Whole Grains

Like brown rice, quinoa, oats, bread, pasta, etc.

- overnight oats
- brown rice pasta
- popcorn as a snack
- make a grain bowl
- add oats to smoothie
- oatmeal energy bites
- quinoa or oatmeal cookies
- oat bran or oat muffins
- add to soup or stew
- make granola with oats/quinoa
- whole grain crackers
- top salad with quinoa
- switch up hot cereals in the morning: quinoa flakes, oats, millet

Learn how to sprout or soak your beans, nuts, legumes & seeds.



Step Three

HELPFUL WAYS TO ADD FIBER

Legumes

Like beans, lentils, peanuts, etc.

- add to salad
- add hummus to a snack
- make a bean dip
- add roasted garbanzo beans to a snack or salad
- add lentils/beans to eggs
- add to soups or curries
- make a bean burger
- substitute as meat in tacos, shepherds pie, meatloaf
- replace chicken or tuna salad with chickpea salad

Cruciferous Veggies

Like Brussels sprouts, cauliflower, broccoli, etc.

- steam and freeze for smoothies
- steam, mash and puree to add to mashed potatoes
- steam and roast
- air fry
- add to stir-fry (riced or whole)
- add riced cauliflower or broccoli to smoothies
- mash into pancakes
- mix your quinoa or brown rice with riced broccoli or cauliflower for extra color

Root Veggies

Like sweet potato, parsnips, carrots, beets, etc.

- make into fries and bake
- boiled
- mashed
- egg scrambles
- make chips
- stir-fry
- add as a snack with hummus or dip
- toss with fresh herbs and spices and roast

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