

High Fiber Diet

A product or a food item can be labeled “High Fiber” when it contains more than 5 grams of fiber per serving. Most over the counter fiber supplements (Metamucil, Benefiber, Fiber Choice, Citrucel, etc.) contain between 3 grams to 5 grams of fiber per serving. Benefits of High Fiber foods include the prevention of constipation, lowering cholesterol, weight loss management and many more.

Recommended total fiber intake:

Women

19-50

25 grams / day (based on 1,700 cal / day)

Over 50

21 grams / day (based on 1,500 cal / day)

Men

19-50

38 grams / day (based on 2,700 cal / day)

Over 50

30 grams / day (based on 2,100 cal / day)

Below is a list of common high fiber foods:

Grain Products:

- Whole grain breads, buns, bagels, muffins
- Breakfast cereals with at least 5 g of fiber per serving such as All Bran, Fiber One, Smart Bran, and Go Lean
- Cooked cereal such as Red River and Oat Bran
- Whole-wheat pastas
- Whole grains such as barley, popcorn, corn and brown rice

Fruits:

- Dried fruits such as apricots, dates, prunes and raisins
- Berries such as blackberries, blueberries, raspberries and strawberries
- Oranges, apple with skin, avocado, kiwi, mango and pear

Vegetables:

- Broccoli, spinach, Swiss chard, green peas and other dark green leafy vegetables
- Dried peas and beans such as kidney beans, lima beans, black-eyed beans, chickpeas and lentils

Nuts & Seeds:

- Nuts and seeds such as almonds, whole flaxseed and soy nuts

Below is a table containing a list of common foods and their fiber content per serving. Use this list as a guide to help you reach your recommended daily fiber intake.

| Food Group | Food | Serving Size | Fiber Content (grams/serving) |
|---------------------------|----------------------|----------------------|-------------------------------|
| Bread and Crackers | French | 1 slice | 1.0 |
| | Pumpernickel | 1 slice | 2.1 |
| | Rye, no seeds | 1 slice | 1.9 |
| | White | 1 slice | 0.6 |
| | Whole Wheat | 1 slice | 1.9 |
| | Corn Tortilla | 1-6 inch diameter | 1.6 |
| | Whole Wheat Crackers | 4 | 1.7 |
| | Cornbread | 2 inch square | 1.4 |
| Cereals | All Bran | 1/2 cup | 8.8 |
| | Bran Flakes | 3/4 cup | 5.1 |
| | Cheerios | 1 cup | 3.6 |
| | Corn Flakes | 1 ounce | 0.7 |
| | Shredded Wheat | 1/2 cup or 1 biscuit | 2.7 |

| Food Group | Food | Serving Size | Fiber Content (grams/serving) |
|-------------------------------|-------------------------------|---------------|-------------------------------|
| | Total Wheat Flakes | 3/4 cup | 2.7 |
| | Oat Bran | 1/2 cup | 2.3 |
| | Oatmeal | 1/2 cup | 1.9 |
| | Puffed Wheat | 1 1/2 cups | 0.8 |
| Grains, Rice and Pasta | Quinoa | 1/2 cup | 5.0 |
| | Bulgur | 1/2 cup | 4.1 |
| | Barley | 1/2 cup | 3.0 |
| | Couscous | 1/2 cup | 1.1 |
| | Brown Rice | 1/3 cup | 1.2 |
| | White Rice | 1/3 cup | 0.2 |
| | Spaghetti | 2 ounces | 1.0 |
| Beans and Soy Foods | Green Beans, canned | 1/2 cup | 1.0 |
| | Kidney Beans | 1/2 cup | 5.7 |
| | Lentils | 1/3 cup | 5.2 |
| | Lima Beans | 1/2 cup | 5.4 |
| | Pinto Beans | 1/2 cup | 7.7 |
| | Soy Beans | 1/2 cup | 5.1 |
| | Soy Crumbles | 1 cup | 5.0 |
| | White Beans | 1/2 cup | 5.6 |
| Nuts | Almonds (dry roasted) | 1/2 cup | 8.1 |
| | Peanuts (dry roasted) | 1/2 cup | 5.8 |
| Starchy Vegetables | Acorn Squash | 3/4 cup cubed | 6.8 |
| | Potato, baked with skin | 4-inch | 6.6 |
| | Potato, baked without skin | 4-inch | 2.3 |
| | Sweet Potato, baked or mashed | 1/3 cup | 2.2 |
| | Yam | 1/3 cup | 1.7 |

| Food Group | Food | Serving Size | Fiber Content (grams/serving) |
|-------------------------|----------------------------|------------------|-------------------------------|
| Other Vegetables | Artichoke | 1 globe | 6.5 |
| | Asparagus, fresh or canned | 1/2 cup | 1.8 |
| | Beets | 1/2 cup | 1.5 |
| | Broccoli | 1/2 cup | 2.5 |
| | Brussels Sprouts, boiled | 1/2 cup | 2.0 |
| | Cabbage, cooked | 1/2 cup | 1.4 |
| | Cabbage, raw | 1/2 cup | 0.9 |
| | Carrots | 1/2 cup | 2.4 |
| | Cauliflower, cooked | 1/2 cup | 1.7 |
| | Cauliflower, raw | 1/2 cup | 1.3 |
| | Celery, cooked | 1/2 cup | 1.2 |
| | Celery, raw | 1/2 cup | 0.8 |
| | Corn | 1/2 cup | 2.0 |
| | Eggplant | 1/2 cup | 1.2 |
| | Green Peas | 1/2 cup | 4.4 |
| | Greens | 1/2 cup | 2.4 |
| | Lettuce | 1/2 cup | 0.3 |
| | Mushrooms, cooked | 1/2 cup | 1.7 |
| | Mushrooms, raw | 1/2 cup | 0.3 |
| | Onions, boiled | 1/2 cup | 1.5 |
| | Onions, raw | 1/2 cup | 1.4 |
| | Peppers | 1/2 cup, chopped | 1.3 |
| | Sauerkraut | 1/2 cup | 1.8 |
| | Spinach, cooked | 1/2 cup | 3.5 |
| | Spinach, raw | 1/2 cup | 0.4 |
| | Tomatoes, cooked | 1/2 cup | 1.0 |
| | Tomatoes, raw | 1/2 cup | 2.0 |
| Zucchini | 1/2 cup | 1.3 | |

| Food Group | Food | Serving Size | Fiber Content (grams/serving) |
|--------------------------|-------------------|----------------|-------------------------------|
| Fruits and Juices | Apple with skin | 1 medium | 3.3 |
| | Apples, dried | 5 rings | 2.8 |
| | Apple Juice | 1/2 cup | 0.1 |
| | Applesauce | 1/2 cup | 1.5 |
| | Apricots | 2 | 1.4 |
| | Apricots, dried | 10 halves | 2.6 |
| | Banana | 8 inches long | 3.5 |
| | Blackberries | 1 cup | 7.4 |
| | Blueberries | 1 cup | 3.5 |
| | Cantaloupe | 1 cup | 1.4 |
| | Dates, dried | 5 | 3.0 |
| | Figs, dried | 2 | 6 |
| | Fruit Cocktail | 1/2 cup | 1.6 |
| | Grapefruit | 1/2 | 1.4 |
| | Grapes | 1/2 cup | 0.7 |
| | Kiwi | 1 | 2.3 |
| | Mango | 1/2 small | 1.8 |
| | Melon | 1 cup | 1.4 |
| | Orange | 1 medium | 3.1 |
| | Orange Juice | 1/2 cup | 0.3 |
| | Peach | 1 medium | 1.5 |
| | Peaches, canned | 1/2 cup | 1.5 |
| | Pear | 1 medium | 5.1 |
| | Pears, canned | 1/2 cup | 2.1 |
| | Pineapple, fresh | 3/4 cup | 1.9 |
| | Pineapple, canned | 1/2 cup | 0.7 |
| | Plum | 1 small | 0.9 |
| | Prunes | 5 | 3.0 |
| | Raisins | 1/4 cup | 1.5 |
| | Raspberries | 1 cup | 8.0 |
| | Strawberries | 1 cup | 3.3 |
| | Tangerine | 1 | 1.5 |
| | Watermelon | 1 slice (1/16) | 1.1 |