



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 3-5 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:

<u>AGE</u>	<u>MEN</u>	<u>WOMEN</u>
19-50	38 grams per day (based on 2,700 cal/day)	25 grams per day (based on 1,700 cal/day)
Over 50	30 grams per day (based on 2,100 cal/day)	21 grams per day (based on 1,500 cal/day)

Below is a list of common high fiber foods:

Grain Products:

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

Fruits:

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

Vegetables:

- Broccoli, spinach, swiss chard, green peas & other dark green leafy vegetables
- Dried peas & beans, such as kidney beans, lima beans, black-eyed beans, chick peas & lentils

Nuts & Seeds:

- Nuts & seeds, such as almonds, whole flaxseed & 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)
Breads & Crackers	French	1 slice	1
	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 (6in diameter)	1.6
	Whole Wheat Crackers	4	1.7
	Cornbread	2in 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
	Total Wheat Flakes	3/4 cup	2.7
	Oat Bran	1/2 cup	2.3
	Oatmeal	1/2 cup	1.9
Grains, Rice & Pasta	Puffed Wheat	1.5 cup	0.8
	Quinoa	1/2 cup	5
	Bulgur	1/2 cup	4.1
	Barley	1/2 cup	3
	Couscous	1/2 cup	1.1
	Brown Rice	1/3 cup	1.2
	White Rice	1/3 cup	0.2
	Spaghetti	2 ounces	1
Beans & Soy Foods	Green Beans (canned)	1/2 cup	1
	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
	Soybeans	1/2 cup	5.1
	Soy Crumbles	1 cup	5
White Beans	1/2 cup	5.6	



FOOD GROUP	FOOD	SERVING SIZE	FIBER CONTENT (grams/serving)
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)	4in	6.6
	Potato (baked without skin)	4in	2.3
	Sweet Potato (Baked or Mashed)	1/3 cup	2.2
	Yam	1/3 cup	1.7
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
	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
	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	
Tomatoes (raw)	1 cup	2	
Zucchini	1/2 cup	1.3	



FOOD GROUP	FOOD	SERVING SIZE	FIBER CONTENT (grams/serving)
Fruits & 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	8in long	3.5
	Blackberries	1 cup	7.4
	Blueberries	1 cup	3.5
	Cantaloupe	1 cup	1.4
	Dates (dried)	5	3
	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)	1/3 cup	0.7
	Plum	1 small	0.9
	Prunes	5	3
	Raisins	1/4 cup	1.5
	Raspberries	1 cup	8
Strawberries	1 cup	3.3	
Tangerine	1	1.5	
Watermelon	1 slice (1/16)	1.1	