

HIGH FIBER DIET SHEET

***Common servings of foods containing dietary fiber are shown below.
Increase your intake by including fiber from all sources.

GOAL: 25 - 35 grams per day

<i>FOOD</i>	<i>SERVING SIZE</i>	<i>FIBER (grams)</i>
CEREALS:		
All-Bran	1/3 cup	8.5
Bran Buds	1/3 cup	7.9
Bran Chex	2/3 cup	4.6
Cheerios	1 1/4 cup	1.1
Corn Bran	2/3 cup	5.4
Corn Flakes	1 1/4 cup	0.3
Cracklin' Bran	1/3 cup	4.3
Crispy Wheats n' Raisins	3/4 cup	1.3
40 % Bran	3/4 cup	4.0
Frosted Mini-Wheats	4 biscuits	2.1
Graham Crackos	3/4 cup	1.7
Grape Nuts	1/4 cup	1.4
Heartland Natural Cereal	1/4 cup	1.3
Honey Bran	7/8 cup	3.1
Nutri-Grain, Wheat	3/4 cup	1.8
100% Bran	1/2 cup	8.4
100% Natural Cereal	1/4 cup	1.0
Oatmeal (cooked reg, quick, or instant)	3/4 cup	1.6
Raisin Bran	3/4 cup	4.0
Rice Krispies	1 cup	0.1

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Shredded Wheat	2/3 cup	2.6
Special K	1 1/3 cup	0.2
Total	1 cup	2.0
Wheat Chex	2/3 cup	2.1
Wheaties	1 cup	2.0

VEGETABLES (cooked):

Asparagus, cut	1/2 cup	1.0
Beans (string, green)	1/2 cup	1.6
Broccoli	1/2 cup	2.2
Brussels Sprouts	1/2 cup	2.3
Cabbage (red, white)	1/2 cup	1.4
Carrots	1/2 cup	2.3
Cauliflower	1/2 cup	1.1
Corn (canned)	1/2 cup	2.9
Kale leaves	1/2 cup	1.4
Parsnip	1/2 cup	2.7
Peas	1/2 cup	3.6
Potato (with skin)	1	2.5
Potato (without skin)	1	1.4
Spinach	1/2 cup	2.1
Squash, summer	1/2 cup	1.4
Sweet Potatoes	1/2 spud	1.7
Turnips	1/2 turnip	1.6
Zucchini	1/2 cup	1.8

VEGETABLES (raw):

Bean Sprouts	1/2 cup	1.5
Celery	1/2 cup	1.1

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Cucumber	1/2 cup	0.4
Mushroom	1/2 cup	0.9
Onions	1/2 cup	0.9
Green Peppers	1/2 cup	0.5
Spinach	1 cup	1.2
Tomato	1	1.5

FRUIT:

Apple	1	3.5
Apricot	3	1.8
Banana	1	2.4
Blueberries	1/2 cup	2.0
Cantaloupe	1/4 melon	1.0
Grapefruit	1/2 grapefruit	1.6
Grapes	20	0.6
Orange	1	2.6
Peach	1	1.9
Pear	1/2 large	3.1
Pineapple	1/2 cup	1.1
Prunes	3	3.0
Raisins	1/4 cup	3.1
Raspberries	1/2 cup	3.1
Strawberries	1 cup	3.0
Watermelon	1 cup	0.4

LEGUMES:

Baked Beans	1/2 cup	8.9
Kidney Beans	1/2 cup	7.3

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Lentils	1/2 cup	7.3
Lima Beans	1/2 cup	4.5
Navy Beans	1/2 cup	6.0

BREADS:

Bagels	1	0.6
Bran Muffins	1	2.5
Cracked Wheat Bread	1 slice	1.0
Crisp Rye Bread	2 crackers	2.0
Crisp Wheat Bread	2 crackers	1.8
White Bread	1 slice	0.4
Whole Wheat Bread	1 slice	1.4

PASTA & RICE:

Macaroni	1 cup	1.0
Brown Rice	1/2 cup	1.0
Polished Rice	1/2 cup	0.2
Regular Spaghetti	1 cup	1.1
Wheat Spaghetti	1 cup	3.9

JUICES:

Apple	1/2 cup	0.4
Grapefruit	1/2 cup	0.5
Grape	1/2 cup	0.6
Orange	1/2 cup	0.5

NUTS:

Almonds	10 nuts	1.1
Filberts	10 nuts	0.8
Peanuts	10 nuts	1.4
Lentils	1/2 cup	7.3

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Lima Beans	1/2 cup	4.5
Navy Beans	1/2 cup	6.0