



## High Fiber Diet

*Fiber is an important part of our diet. It adds bulk that keeps other food moving along our digestive tracts and it holds water, which in turn, softens the stool for easy elimination.*

### Frequent Questions About Fiber

**Q: How much fiber do I need each day?**

**A:** Nutrition experts suggest 20 to 35 grams a day, which is equivalent to 10 or more apples, oranges or bananas.

**Q: What is the most effective way to add fiber to the diet?**

**A:** By replacing high-fat, low-fiber foods with high-fiber ones. You can do this by eating whole-grain bread instead of white bread, eating brown rice instead of white rice, eating vegetables such as broccoli with your dinner and eating fruits unpeeled instead of peeled.

**Q: At what rate should I add fiber to my diet?**

**A:** In the beginning, go slowly. Too much too soon may cause bloating or abdominal pain. It can take several weeks to add the recommended amount of bulk to the diet. As you increase your fiber intake, be sure to drink plenty of fluids.

**Tips for staying regular:**

- **Eat regular meals** – chew food thoroughly and slowly
- **Drink plenty of fluids** – include water, fruit and vegetable juices and soups
- **Exercise daily** – start by walking, bicycling or swimming
- **Establish regular toilet habits** – if you feel the urge to have a bowel movement, respond immediately. Delaying now may mean straining later.
- **Add fiber to your diet** – fiber adds bulk to help the colon function normally.

*High fiber foods are referenced on the back of this sheet.*

## Guide to High-Fiber Sources

Nutrition experts recommend 20-35 grams of fiber daily.\*

Food	Serving Size	Gm Fiber	Calories/ Serving
<b>Fruits (raw, unless otherwise noted)</b>			
Apple (with peel)	1 medium	2.76	81
Apricots	1 cup	3.13	74
Banana	1 medium	2.19	105
Blackberries	1 cup	7.20	74
Boysenberries	1 cup	7.20	74
Cantaloupe	1 wedge	1.07	47
Cherries	1 cup	1.88	104
Grapefruit	1 medium	3.61	92
Grapes	1 cup	1.12	114
Orange	1 medium	3.14	65
Pear (with peel)	1 medium	4.32	98
Pineapple	1 cup	1.86	78
Plums	1 medium	0.99	36
Prunes (canned)	1 cup	13.76	246
Raspberries	1 cup	6.03	62
Strawberries	1 cup	3.87	46
Watermelon	1 wedge	1.93	152

### Grain Products & Others

#### *Bread:*

French	1 slice	0.67	70
Rye	1 slice	1.72	70
White	1 slice	0.50	70
Whole Wheat	1 slice	2.11	70

#### *Cereal:*

Bran	1 oz.	8.72	70
Corn Flakes	1 oz.	0.45	110
Oat Bran	1 oz.	4.06	110
Oatmeal	1 oz.	2.51	100
Shredded Wheat	1 oz.	2.64	90

#### *Crackers:*

Graham	1 square	0.25	30
Saltines	1 regular	0.08	60

#### *Rice:*

Brown	½ cup	5.27	109
White	½ cup	1.42	133
Spaghetti	2 oz.	2.56	220
Almonds (roasted)	½ cup	7.95	405
Peanuts (roasted)	½ cup	6.34	160

Food	Serving Size	Gm Fiber	Calories/ Serving
<b>Vegetables (cooked, unless otherwise noted)</b>			
Artichoke	1 globe	3.96	60
Asparagus	½ cup	1.48	22
<i>Beans:</i>			
Green	½ cup	1.89	20
Kidney	½ cup	5.48	100
Lima	½ cup	4.25	90
Pinto	½ cup	5.93	101
White	½ cup	4.72	125
Broccoli	½ cup	2.58	22
Brussels Sprouts	½ cup	3.51	30
Cabbage, green	½ cup	1.5	16
Cabbage, green (raw)	½ cup	0.73	8
Carrots	½ cup	2.42	35
Cauliflower	½ cup	2.30	15
Cauliflower (raw)	½ cup	1.20	12
Celery (raw)	½ cup	0.96	10
Corn	½ cup	3.03	89
Cucumber	½ cup	0.52	7
Eggplant	½ cup	0.96	13
Green Peas	½ cup	3.36	67
Lettuce, iceberg (raw)	½ cup	0.24	5
Onions (raw)	½ cup	1.28	30
Potato (baked, w/skin)	½ cup	1.95	57
Spinach	½ cup	2.07	21
Squash, acorn (baked)	½ cup	2.87	57
Tomato (raw)	½ cup	1.17	19
Zucchini	½ cup	1.26	14

### Metamucil

Smooth Texture Orange (sugar free)	1 tsp.	3.40	10
Smooth Texture Regular (no sugar/no sweetener)	1 tsp.	3.40	10
Smooth Texture Orange (with sugar)	1 tbsp.	3.40	35
Wafers (apple crisp or cinnamon spice)	2 wafers	3.40	100

\*Nutrient calculations are based on version 2.1 of the Minnesota Nutrition Data System (NDS) software developed by the Nutrition Coordination Center, University of Minnesota, Minneapolis, MN.