

Fiber Basics

Why is Fiber Important? .

- It's an important part of our daily diet because it helps keep us "regular" and prevents constipation.
- Foods that are high in fiber can help in the treatment of constipation, hemorrhoids, diverticulitis and irritable bowel syndrome.
- Fiber has also been found to play a role in helping protect against certain diseases like diabetes, heart disease and cancer.
- Fiber is a substance found only in plants, such as fruits, vegetables, and grains.

How Much Fiber Does a Person Need Each Day?

- For adults 18 years and older, the suggested range of fiber intake is 25 - 40 grams per day.

What Else Should I know?

- **It is VERY IMPORTANT to take in enough liquids when eating a diet high in fiber.** Otherwise the constipation may occur!
- Also remember to increase the amount of fiber in the diet slowly so you do not develop a crampy, bloated stomach.

High Fiber Ideas

- Prunes are an excellent source of fiber. Try cutting them into tiny pieces and mix into yogurt, cookies, muffins, cereal or pancake mix. They can also be pureed (and can be purchased this way as well).
- Try "old fashioned" oatmeal (not the instant kind). You can mix in recipes or make homemade oatmeal raisin cookies.
- Add bran(oat bran, wheat bran) to cereal, peanut butter, applesauce, casseroles and ground meats - aim for a goal of 1-2 tablespoons each day
- Whenever possible, pick whole grain breads, pastas, and rice over their white counterparts.
- Choose vegetables with higher fiber content such as peas, corn, potatoes, broccoli, spinach, dried beans (for dips, soups, burritos etc). Aim for at least 3 servings per day.
- Examples of fruits with higher fiber content include prunes, apricots, plums, raisins, cantaloupe, blueberries, and apples (with skin). Goal for day is 2 - 3 servings per day (1/2 cup or 1 small piece)

Fiber Content of Commonly Consumed Foods

Fruits	Serving size	Total fiber (grams)*
Raspberries	1 cup	8.0
Pear, with skin	1 medium	5.5
Apple, with skin	1 medium	4.4
Strawberries (halves)	1 1/4 cup	3.8
Banana	1 medium	3.1
Orange	1 medium	3.1
Figs, dried	2 medium	1.6
Raisins	2 tablespoons	1.0
Grains, cereal & pasta	Serving size	Total fiber (grams)*
Spaghetti, whole-wheat, cooked	1 cup	6.2
Barley, pearled, cooked	1 cup	6.0
Bran flakes	3/4 cup	5.3
Oat bran muffin	1 medium	5.2
Oatmeal, quick, regular or instant, cooked	1 cup	4.0
Popcorn, air-popped	3 cups	3.5
Brown rice, cooked	1 cup	3.5
Bread, rye	1 slice	1.9
Bread, whole-wheat or multigrain	1 slice	1.9

Legumes, nuts & seeds	Serving size	Total fiber (grams)*
Split peas, cooked	1 cup	16.3
Lentils, cooked	1 cup	15.6
Black beans, cooked	1 cup	15.0
Lima beans, cooked	1 cup	13.2
Baked beans, vegetarian, canned, cooked	1 cup	10.4
Sunflower seed kernels	1/4 cup	3.9
Almonds	1 ounce (23 nuts)	3.5
Pistachio nuts	1 ounce (49 nuts)	2.9
Pecans	1 ounce (19 halves)	2.7
Vegetables	Serving size	Total fiber (grams)*
Artichoke, cooked	1 medium	10.3
Peas, cooked	1 cup	8.8
Broccoli, boiled	1 cup	5.1
Turnip greens, boiled	1 cup	5.0
Sweet corn, cooked	1 cup	4.2
Brussels sprouts, cooked	1 cup	4.1
Potato, with skin, baked	1 medium	2.9
Tomato paste	1/4 cup	2.7
Carrot, raw	1 medium	1.7

Source: Mayo Clinic

Fiber Boosters in the Diet

Instead of...		Try This
½ cup applesauce (1.5 g)	→→→	1 medium apple (4.4 grams fiber)
3 pancakes (1.4 g)	→→→	Aunt Jemima buckwheat pancakes (5 g)
1 waffle (1 g)	→→→	1 NutriGrain waffle (3 g)
1 cup Team Cheerios (1 g)	→→→	1 cup Multigrain Cheerios (3 g)
1 cup Frosted Flakes (< 1 g)	→→→	1 cup Wheaties (3 g)
¾ cup Captain Crunch (0.8 g)	→→→	¾ c Quaker Crunchy Corn Bran (5 g)
1 slice white bread (1 g)	→→→	1 slice whole wheat bread (2-3 g)
Taco Bell chili cheese burrito (5g)	→→→	Taco Bell bean burrito (13 g)
1 cup white rice (1 g)	→→→	1 cup brown rice (3.5 g)
½ cup green beans (1 g)	→→→	½ cup green peas (3 g)
Doughnut (0 g)	→→→	Bran Muffin (4 g)