FIBER IN FOODS

ADDING FIBER TO THE DIET

- **Start slow. Adding too much fiber too quickly can result in intestinal gas, diarrhea, cramping and bloating. Consider increasing your fiber intake gradually over a few weeks.**
- **Drink fluids. As you eat more fiber, remember to drink plenty of fluids. Some fibers work best when they absorb water, so being well hydrated can help prevent uncomfortable bowel movements.**
- **Most people think that they are eating lots of fiber when they eat a salad, but check it out – lettuce, celery are quite low in fiber. Adding some canned beans to your salad will definitely improve your intake of fiber.**

FRUITS	SERVING SIZE (grams)	TOTAL FIBER (grams)
Avocado	1med (150g)	10g
Guava	1 cup (165g)	9g
Raspberries	1 cup (123g)	8.0
Blackberries	1 cup (144g)	7.6g
Pear	1 med (178g)	5.5g
Mango	1 cup (165g)	5.0g
Apple with skin	1 med (182g)	4.5g
Blueberries	1 cup (148g)	3.6g
Banana	1 med (118g)	3.0 g
Orange	1 med (140g)	3.0g
Strawberries	1 cup (144g)	3.0g
Figs	3 med.	3.0g
Cherries	pitted (154g)	2.9g
Rhubarb	1 cup (120g)	2.8g
Grapefruit	1 med. (230g)	2.5g
Nectarine	1 med. (150g)	2.4g
Pineapple	1 cup (165g)	2.3g
Peach	1 med (150g)	2.3g
Kiwi	1 med (76g)	2.1g
Grapes	1 cup (151g)	1.0g
Prunes	med. (66g)	.9g
Apricots	med. (35g)	.7g
Watermelon	1 cup (152g)	.6g

VEGETABLES	SERVING SIZE (grams)	TOTAL FIBER (grams)
Artichokes	1 med (120g)	10.3g
Green peas	1 cup (160g)	8.8g
Collard Greens	1 cup	7.6g
Pumpkin	1 cup (245g)	7.1g

Turnip Greens	1 cup	5.0g
Potato (boiled)	1 med (213g)	4.8g
Sweet corn	1 cup (154g)	4.2g
Sweet potatoes	1 med. (130g)	3.9g
Cabbage	1 cup	3.9g
Beets	1 cup (136g)	3.8g
Swiss Chard	1 cup	6.7g
Winter Squash	1 cup	5.7g
Beet Greens	1 cup	4.18g
Carrots	1 cup (128g)	3.6g
Brussels sprouts	1 cup (88g)	3.6g
Turnips	1 cup (130g)	3.1g
Cauliflower	128g	3.0g
Onions	1 cup (160g)	2.7g
Kale	1 cup (67g)	2.6g
Eggplant	1 cup (67g)	2.5g
Summer Squash	1 cup	2.5g
Bell pepper	1 cup (92g)	2.5g
Broccoli	1 cup (91g)	2.4g
Spinach	100g	2.2g
Asparagus	100g	2.1g
Bok Choy	1 cup	1.6g
Tomatoes	Med (123g)	1.5g
Celery	1 cup	1.4g
Mushrooms	1 cup (72g)	1.0g
Zucchini	1 cup (124g)	1.0g
Lettuce	1 cup (47g)	1.0g
Cucumber	1 cup (104g)	.7g

GRAINS(cooked)	SERVING SIZE (grams)	TOTAL FIBER (grams)
Spaghetti, Whole-wheat	1 cup (151g)	6.0g
Barley, pearl	1 cup (157g)	10.6g
Bran flakes	¾ cup (30g)	5.5g
Quinoa	1 cup (185g)	5.0g
Oatmeal	1 cup (234g)	2.4g
Oat bran	¾ cup	2.2g
Popcorn (air popped)	3 cups (24g)	3.5g
Brown rice	1 cup (195g)	3.5g
Bread, whole wheat	1 slice (32g)	2.0g
Bread, rye	1 slice (32g)	2.0g

LEGUMES, NUTS, SEEDS (cooked)	SERVING SIZE (grams)	TOTAL FIBER (grams)
Dried peas	1 cup	16.27g
Split peas	1 cup (196g)	16.0g
Lentils	1 cup (198g)	15.5g
Pinto beans	1 cup	15.3g
Kidney beans	1 cup	5.8g

Black beans	**1 cup (172g)**	**15.0g**
Lima beans	**1 cup**	**`13.0g**
Cannellini, canned	**1 cup (180g)**	**13.0g**
Navy beans, canned	**1 cup (180g**	**13.0g**
Chia seeds	**1 oz (28.35g)**	**10.0g**
Almonds	**1 oz (28.35g)**	**3.5g**
Pistachios	**1 oz (28.35g)**	**3.0g**
Sunflower seeds	**1/4cup (32g)**	**3.0g**
Chickpeas	**1 cup**	**2.4g**

MEATS (cooked)	**SERVING SIZE (grams)**	**TOTAL FIBER (grams)**
All meats		**.0g**

An Example of High Fiber Eating:

1 cup of raspberries added to 1 cup of cooked oatmeal with half a serving of almonds could provide about 13.5 grams of fiber.
A bean and vegetable salad may provide about 11 grams of additional fiber.
Together those two meal ideas supply most of the daily fiber goal for people who consume 2,000 calories a day.