



## High Fiber Diet

A healthy diet includes 20 to 35 grams of fiber a day if you have a 2,000-calorie diet.

Foods rich in fiber are often low in calories and fat and they fill you up more. They may also reduce your risks for certain health problems. To find out the amount of fiber in canned, packaged or frozen food, read the “Nutrition Facts” label. It tells you how much fiber is in a serving.

### Types of Fiber and Their Benefits:

There are two types of fiber: insoluble and soluble. They both aid digestion and help you maintain a healthy weight.

**Insoluble fiber:** This is found in whole grains, cereals, certain fruits and vegetables (such as apple skin, corn and carrots). Insoluble fiber may prevent constipation and reduce the risk of certain types of cancer. Insoluble fiber does not dissolve. It is like a sponge and expands when in contact with the liquid.

**Soluble fiber:** This type of fiber is in oats, beans and certain fruits and vegetables (such as strawberries and peas). Soluble fiber can reduce cholesterol (which may help lower the risk of heart disease), and helps control blood sugar levels. Soluble fiber dissolves in liquid such as benefiber, psyllium.

### Look for High-Fiber Foods:

- **Whole grain breads and cereals.** Try to eat 6-8 ounces a day. Include wheat and oat bran cereals, whole-wheat muffins or toast, and brown rice in your meals.
- **Fruits.** Try to eat 2 cups a day. Apples, oranges, strawberries, pears and bananas are good sources. (Note: fruit juice is low in fiber).
- **Vegetables.** Try to eat 3 cups a day. Add asparagus, carrots, broccoli, peas and corn to your meals.
- **Legumes (beans).** Try navy beans, lentils, and chickpeas.
- **Seeds and Nuts.** A small handful of seeds or nuts give you about 3 grams of fiber.

### Keep Track of Your Fiber

Keep track of how much fiber you eat. Start by reading food labels. Eat a variety of foods high in fiber. Ask your doctor about supplemental fiber products.

### Dietary Fiber Content of Common Fruits, Vegetables, Grains and Other Foods

Food	Serving Size	Total Dietary Fiber (grams/serving)
<b>Fruits</b>		
Prunes, dried	5 prunes	3.0
Orange	1 orange	3.1
Apple, large with skin	1 apple	3.7
Banana	1 banana	2.8
Raisins	1 miniature box (14 g)	0.6
Figs, dried	2 figs	4.6
Pear	1 pear	4.0
Peaches, canned	½ cup	1.3

Strawberries, raw	1 cup, sliced	3.8
Raspberries	1 cup	8.0
<b>Vegetables</b>		
Beans, kidney, canned	½ cup	4.5
Peas, split, cooked	½ cup	8.1
Lentils, cooked	½ cup	8.1
Lima Beans	1 cup	13.2
Black Beans	1 cup	15.0
Baked Beans	1 cup	10.4
Lettuce, iceberg	1 cup, shredded	0.8
Peas, green, canned	½ cup	3.5
Brussels sprouts	½ cup	2.0
Spinach, cooked	½ cup	2.2
Asparagus, cooked	½ cup	1.5
Corn, whole kernel, canned	½ cup	2.0
Carrots, raw	½ cup	1.8
Potatoes, boiled	½ cup	1.6
Broccoli, raw	½ cup	1.3
Celery, raw	½ cup	1.0
Tomato, fresh	½ cup	1.5
<b>Grains</b>		
Wheat bran flakes	¾ cup	4.6
Barley	1 cup cooked	6.0
spaghetti	1 cup cooked	6.3
Raisin bran	1 cup	7.5
Shredded wheat	2 biscuits	5.0
Cheerios	¾ cup	2.7
Rice, brown, cooked	1 cup	3.5
Bread, white wheat	1 slice	0.6
Bread, whole wheat	1 slice	1.9
Oatmeal, cooked	¾ cup	3.0
Oat bran muffin	1 muffin	2.6
Rye crispbread	1 wafer	1.7
Cracker, graham	2 squares	0.4
Pop corn, air popped	3 cups	3.6
<b>Other</b>		
Apple pie	1 piece	1.9
Nuts, mixed, dry roast	1 oz	2.6
Chocolate cake	1 slice	1.8
Yellow cake	1 slice	0.2
<b>NUTS</b>		
Almonds	1 oz	3.5
Pistachio nuts	1 oz	2.9
Pecans	1 oz	2.7

Source: Adapted from U.S. Department of Agriculture, Agricultural Research Service. 2001. USDA Nutrient Database for Standard Reference, Release 14. Nutrient Data Laboratory Home Page, <http://www.nal.usda.gov/fnic/foodcomp>

