

Nutrition: High Fiber Foods

To increase fiber intake over you usual diet:

- include ¼ to ½ cup of bran daily
- include whole grain breads, cereals, flours, and other whole grain products
- increase consumption of vegetables and fruits, especially those with edible skins, seeds, and hulls
- include 25 to 30 grams of fiber each day

Guidelines:

- evaluate what you are eating now and gradually increase your fiber intake
- drink lots of fluid – at least 8 to 10 cups a day. Examples: water, decaffeinated coffee or tea, lemonade, juice, and milk
- exercise consistently to promote bowel regularity and good health

Here are some high-fiber foods to choose more often:

Breads & Cereals	Serving	Calories	Grams of Fiber
All Bran Extra Fiber™	½ cup	60	13.0
Fiber One™	½ cup	60	12.0
All-Bran Fruit & Almonds™	2/3 cup	100	10.0
100% Bran™	½ cup	75	8.4
All Bran™	1/3 cup	70	8.5
Bran Buds™	1/3 cup	75	7.9
Bran Chex™	2/3 cup	90	4.6
Corn Bran™	2/3 cup	100	5.4
Cracklin' Oat Bran™	1/3 cup	110	4.3
Bran Flakes	¾ cup	90	4.0
Grapenuts™	¼ cup	100	1.4
Air-popped popcorn	1 cup	25	1.0
Whole-wheat bread	1 slice	60	1.4
Whole-wheat spaghetti	1 cup	120	3.9

Legumes, cooked	Serving	Calories	Grams of Fiber
Kidney beans	½ cup	110	7.3
Lima beans	½ cup	130	4.5
Navy beans	½ cup	110	6.0

Vegetables, cooked	Serving	Calories	Grams of Fiber
Beans, green	½cup	15	1.6
Broccoli	½cup	20	2.2
Brussel sprouts	½cup	30	2.3
Cabbage, red and white	½cup	15	1.4
Carrots	½cup	25	2.3
Cauliflower	½cup	15	1.1
Corn	½cup	70	2.9
Green peas	½cup	55	3.6
Kale	½cup	20	1.4
Parsnip	½cup	50	2.7
Potato, with skin	1 medium	95	2.5

Fruit	Serving	Calories	Grams of Fiber
Apple	1 medium	80	3.5
Apricot, fresh	3 medium	50	1.8
Apricot, dried	5 halves	40	1.4
Banana	1 medium	105	2.4
Blueberries	½cup	40	2.0
Cantaloupe	¼melon	50	1.0
Cherries	10	50	1.2
Dates, dried	3	70	1.9
Grapefruit	one half	40	1.6
Orange	1 medium	60	2.6
Peach	1 medium	35	1.9
Pineapple	½cup	40	1.1
Prunes, dried	3	60	3.0
Raisins	¼cup	110	3.1
Strawberries	1 cup	45	3.0

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