

## HIGH FIBER DIET

### Reason for this Diet:

To help you have normal bowel movement, to help control blood cholesterol levels and to prevent colon cancer.

Fiber Content of Foods – goal 20 to 35 grams per day.

Common food servings of foods containing dietary fiber are shown below. A variety of foods should be chosen every day. Foods that are good sources of fiber are typically low in fat and calories.

### **BREADS**

Bran Muffin	1 medium	3 grams of dietary fiber
Whole wheat bread	1 slice	2 grams of dietary fiber
White Bread	1 slice	1 grams of dietary fiber
Pumpernickel	1 slice	1 grams of dietary fiber
Rye Bread	1 slice	1 grams of dietary fiber
Raisin Bread	1 slice	<1 grams of dietary fiber
Saltines	4 squares	0 grams of dietary fiber

### **CEREALS AND PASTA**

Fiber One –General Mills	½ cup	14 grams of dietary fiber
All-Bran Extra Fiber	½ cup	13 grams of dietary fiber
All-Bran – Kellogg’s	½ cup	10 grams of dietary fiber
Shredded Wheat ‘n Bran	1 ¼	8 grams of dietary fiber
Oatmeal	1 cup	8 grams of dietary fiber
Raisin Bran –Kellogs	1 cup	7 grams of dietary fiber
Whole Wheat pasta	1 cup	6 grams of dietary fiber
Post fruit and Bran	1 cup	6 grams of dietary fiber
Oat Bran	1 cup	6 grams of dietary fiber
Bran Flakes – Post	¾ cup	5 grams of dietary fiber
Raisin Nut Bran	¾ cup	5 grams of dietary fiber
Cooked Brown Rice	1 cup	4 grams of dietary fiber
Cheerios	1 cup	3 grams of dietary fiber
Wheaties	1 cup	3 grams of dietary fiber
Pasta	1 cup	3 grams of dietary fiber
Grape Nuts – Post	½ cup	2 grams of dietary fiber
Popcorn	1 cup	2 grams of dietary fiber
Egg Noodles	1 cup	2 grams of dietary fiber
Total – General Mills	1 ½ cup	1 grams of dietary fiber
Corn Flakes	1 cup	1 grams of dietary fiber

Cooked White rice	1 cup	0 grams of dietary fiber
-------------------	-------	--------------------------

### **Legumes**

Kidney Beans	½ cup	9 grams of dietary fiber
Baked Beans	½ cup	7 grams of dietary fiber
Navy Beans	½ cup	5 grams of dietary fiber
Pinto Beans	½ cup	5 grams of dietary fiber
Lentils	½ cup	2 grams of dietary fiber

### **Vegetables**

Cooked Frozen peas	½ cup	4 grams of dietary fiber
Baked potato with skin	1 medium	4 grams of dietary fiber
Cooked broccoli tops	½ cup	3 grams of dietary fiber
Cooked young carrots	½ cup	3 grams of dietary fiber
Cooked corn	½ cup	3 grams of dietary fiber
Fresh Avocado	½ cup	2 grams of dietary fiber
Cooked green beans	½ cup	2 grams of dietary fiber
Brussel sprouts	½ cup	2 grams of dietary fiber
Cooked eggplant	½ cup	2 grams of dietary fiber
Raw bean sprouts	½ cup	1 grams of dietary fiber
Raw cabbage	½ cup	1 grams of dietary fiber
Sliced raw mushrooms	½ cup	1 grams of dietary fiber
Dill Pickle	1 medium	1 grams of dietary fiber
Mashed potatoes	½ cup	1 grams of dietary fiber
French fried potatoes	10 medium	1 grams of dietary fiber
Fresh Tomato	½	1 grams of dietary fiber

### **Fruits and Nuts**

Dried figs	3.5 oz	18 grams of dietary fiber
Prunes	3.5 oz	8 grams of dietary fiber
Rasberries	3.5 oz	7 grams of dietary fiber
Almonds	¼ cup	5 grams of dietary fiber
Apple with skin	1 medium	3 grams of dietary fiber
Banana	1 medium	3 grams of dietary fiber
Blackberries	½ cup	3 grams of dietary fiber
Dried Dates	5	3 grams of dietary fiber
Nectarine	1 medium	3 grams of dietary fiber
Peach	1 medium	3 grams of dietary fiber
Roasted peanuts	¼ cup	3 grams of dietary fiber
Strawberries	1 cup	3 grams of dietary fiber
Pear	1 medium	2 grams of dietary fiber

Cantaloupe	¼ cup	2 grams of dietary fiber
Orange	1 medium	2 grams of dietary fiber
Peanut butter	2 tblsp	2 grams of dietary fiber
Tangerine	1 medium	2 grams of dietary fiber
Walnut pieces	¼ cup	2 grams of dietary fiber
Apricot	1 medium	1 grams of dietary fiber
Cherries	10 large	1 grams of dietary fiber
Grapefruit	½ medium	1 grams of dietary fiber
Pineapple	½ cup	1 grams of dietary fiber
Raisin	1 Tblsp	1 grams of dietary fiber