

HIGH-FIBER DIET

Dietary fiber comes from plant foods; it is generally the part of the plant that humans cannot digest. Fiber aids in the proper formation of stools to allow easy and regular passage and prevent problems such as constipation, anal fissures, and colorectal cancers.

Increasing Fiber in the Diet

- Include a variety of fiber sources.
- Increase fiber intake gradually.
- Replace refined grains (white flour) with whole grains. Remember that the goal is to change the types of food you eat, not to supplement your existing diet with high-fiber foods.
- Include more fruits and vegetables every day.
- Increase fluid intake to avoid constipation.
- Start with these substitutions:

Eat more of these foods	Eat less of these foods
Whole grain breads	White bread
High-fiber bran cereals	Low-fiber, refined cereals
Whole wheat flour	White flour
Brown or wild rice	White rice
Fresh fruit	Canned fruit

Replace each cup of white flour in recipes with one of the following:

- 1 cup whole wheat flour minus 2 tablespoons
- ½ cup white flour plus ½ cup whole wheat flour
- ¾ cup white flour and ¼ cup wheat germ or ¼ cup 100% bran

Top Twenty Fiber Foods

1. Dried beans, peas, and other legumes
2. Bran cereals
3. Fresh or frozen lima beans
4. Fresh or frozen green peas
5. Dried fruit (especially figs, apricots, and dates)
6. Raspberries, blackberries, and strawberries
7. Sweet corn, either on the cob or cut into kernels
8. Whole-grain cereal products
9. Broccoli
10. Baked potato with the skin
11. Green snap beans, pole beans, and broad beans
12. Plums, pears, and apples
13. Raisins and prunes
14. Greens

15. Nuts
16. Cherries
17. Bananas
18. Carrots
19. Coconut
20. Brussels sprouts

Fiber Content of Selected Foods

(Goal: 25–30 grams per day)

CEREALS	
Approximately 8 grams of dietary fiber	
100% Bran	½ cup
All Bran	½ cup
Approximately 4 grams of dietary fiber	
Cracklin' Oat Bran	½ cup
Raisin Bran	1 cup
Approximately 3 grams of dietary fiber	
Bran Chex	½ cup
Total	¾ cup
Approximately 2 grams of dietary fiber	
Cheerios	1 cup
Wheaties	1 cup
Approximately 1 gram of dietary fiber	
Frosted Mini-Wheats	4 biscuits
Special K	1 cup
BREADS	
Approximately 2 grams of dietary fiber	
Bran muffin	1 small
Graham crackers	2
Whole wheat bread	1 slice
Whole wheat crackers	6
Approximately 1 gram of dietary fiber	
Mixed grain bread	1 slice
Raisin bread	1 slice
Rye bread	1 slice
White enriched bread	1 slice
Less than 1 gram of dietary fiber	
Bagel	1
French bread	1 slice
Pita bread	1 slice
Saltines	6
LEGUMES	
Approximately 6 grams of dietary fiber	
Baked beans	½ cup

Lima beans	½ cup
Navy beans	½ cup
NUTS, SEEDS, & COCONUT	
Approximately 3 grams of dietary fiber	
Almonds	2 T
Olives	15 medium
Peanut butter	3 T
Popcorn	1 cup
Pumpkin seeds	2 T
Walnuts	3 T
FRESH FRUIT	
Approximately 4 grams of dietary fiber	
Blueberries	1 cup
Pear	1 medium
Approximately 3 grams of dietary fiber	
Nectarine	1 medium
Strawberries	1 cup
Apple	1 medium
Approximately 2 grams of dietary fiber	
Banana	1 small
Grapes	1 cup
Orange	1 medium
Peach	1 medium
FRUIT JUICES	
Approximately 0.5 grams of dietary fiber	
Apple juice	½ cup
Grape juice	½ cup
Orange juice	½ cup
DRIED FRUIT	
Approximately 3.5 grams of dietary fiber	
Dates	5
Prunes	3
Raisins	6 T
Apricots	4
CANNED FRUIT	
Approximately 0.5 grams of dietary fiber	
Applesauce	½ cup
Apricots	3 halves
Mandarin oranges	½ cup
Pineapple	¼ cup
VEGETABLES	
Approximately 4 grams of dietary fiber	
Baked potato with skin	1 medium
Peas (frozen), cooked	½ cup
Approximately 3 grams of dietary fiber	

Broccoli tops	½ cup
Carrots, cooked	½ cup
Approximately 2 grams of dietary fiber	
Avocado	½ medium
Brussels sprouts	4 or ½ cup
Green beans	½ cup
Spinach	1 cup