

## Dietary Fiber Content of Common Foods

### WHAT IS DIETARY FIBER?

Dietary fiber is found only in plant foods. Good sources of dietary fiber include whole grains, vegetables, fruit, nuts and seeds. However, meat, fish, poultry, eggs, dairy products, fats, oils and sugar contain no dietary fiber.

### WHY SHOULD WE INCLUDE DIETARY FIBER IN OUR DIETS?

Dietary fiber increase stool bulk, softens stools, and stimulates the healthy movement of food through the digestive tract. Consuming high fiber foods helps prevent and treat constipation. In addition, dietary fiber can play an important role in the prevention or treatment of: obesity, diabetes, cardiovascular disease, colon cancer, diverticular disease and irritable bowel syndrome.

### HOW MUCH DIETARY FIBER SHOULD WE CONSUME EACH DAY?

25 - 30 grams/day for the healthy adult. The average American consumes between 6 grams/day - well below the current recommendations.

### CAN PROBLEMS ARISE FROM EATING TOO MUCH DIETARY FIBER?

Yes. Dietary fiber, if increased suddenly, can cause gas, diarrhea and bloating. It should be added gradually, allowing time for your body to adjust to the extra fiber. For example, begin by increasing your fiber intake to 10grams/day; allow a few days for adjustment, and then increase it by 5 grams/day. Repeat this until you reach your goal of 25-30grams. As you add fiber to your diet, it is very important to drink plenty of fluids, at least eight glasses of water each day.

Grain Products	Amount	Fiber (g)	Calories
Bread, White	1 slice	0	70
Bread, Whole Wheat	1 slice	2	70
Bread, Arrow Wheat Double Fiber	1 slice	6	70
Rice, Brown	1 c.	3	220
Spaghetti, Whole Wheat	1 c.	4	200

Breakfast Cereals	Amount	Fiber (g)	Calories
All-Bran™	½ c.	15	105
Fiber One™	½ c.	14	60
Frosted Mini Wheats™	½ c.	3	120
Granola™	¼ c.	3-6	220
Kashi Go Lean Crunch™	1 c.	8	190
Oatmeal™	1 c.	3	140
Raisin Bran™	1 c.	7	160
Wheaties™	1 c.	3	110

Bars	Amount	Fiber (g)	Calories
All Bran Fiber Bar™	1	10	120
Fiber One Bar™	1	9	140
Kellogg's Fiber Plus Bar™	1	7	120
Kashi Go Lean Bar™	1	6	190

<b>Crackers</b>	<b>Amount</b>	<b>Fiber (g)</b>	<b>Calories</b>
All Bran Crackers <sup>TM</sup>	18 crackers	5	130
Saltines <sup>TM</sup>	8 crackers	0	100
Triscuits <sup>TM</sup>	7 crackers	4	140
Wheat Thins <sup>TM</sup>	16 crackers	2	140

<b>Nuts and Seeds</b>	<b>Amount</b>	<b>Fiber (g)</b>	<b>Calories</b>
Almonds	1 oz (22 nuts)	3	175
Cashews	1 oz (18 nuts)	2	160
Peanuts	1 oz	2	180
Peanut butter	2 Tbsp	2	190
Popcorn with oil	2 ½ c.	3	140

<b>Fruit</b>	<b>Amount</b>	<b>Fiber (g)</b>	<b>Calories</b>
Apple with skin	1 medium	3	80
Banana	1 medium	2	100
Cantelope	1 c.	1	60
Grapes	1 c.	1	115
Peach (with skin)	1 medium	4	40
Pear (with skin)	1 medium	2	100
Strawberries	1 c.	4	50

<b>Vegetables</b>	<b>Amount</b>	<b>Fiber (g)</b>	<b>Calories</b>
Broccoli (raw)	½ c.	1	12
Carrot (raw)	1 medium	2	31
Celery (raw)	1 stalk	1	6
Corn	½ c.	2	70
Green Beans	½ c.	2	23
Lettuce	1 c.	0	10
Potato with skin	1 large	8	310
Spinach (cooked)	½ c.	2	20
Tomato	1 medium	2	25

<b>Legumes</b>	<b>Amount (cup)</b>	<b>Fiber (g)</b>	<b>Calories</b>
Baked Beans	1	6-10	250
Black Beans	1	7	230
Lentils	1	8	220
Lima Beans	1	13	220

### **EXAMPLE OF A HIGH FIBER MEAL PLAN**

<b>Breakfast</b>	1 cup Kashi Go Lean, 1 cup milk, 1 cup strawberries
<b>Lunch</b>	2 slice whole wheat bread, 2 oz turkey w/ sprouts and tomato, 1 apple, 1 cup yogurt with fruit, celery sticks with peanut butter
<b>Dinner</b>	1 chicken breast, 1 cup brown rice, ½ cup broccoli, 1 whole wheat roll
<b>Snacks</b>	3 cups popcorn, fiber one bar, fruit, fig newtons