



Fiber Foods

PATIENT EDUCATION SERIES

Fiber is readily available in our food sources. Fiber, the indigestible part of plant food, helps maintain our bowel movements, avoiding constipation, decreasing incidence of hemorrhoids and diverticuli, and overall helping our bowel health. Eating fiber is good for weight control as it takes longer to chew and fills us up faster.

There are two types of fiber, soluble and insoluble.

Soluble fiber (for example, found in apples, oats, peas, beans, barley, most citrus fruits, carrots, and psyllium) forms a gelatinous like substance when mixed with water. Soluble fiber helps lower our cholesterol and even our blood sugar.

Insoluble fiber promotes the movement of material through our digestive tract. Examples of insoluble fiber are wheat, bran, nuts, and most veggies.

The Daily Reference Value recommended is 20-35gms of fiber per day.

It is so easy to get fiber in our diet!

Who doesn't like apples and oatmeal for breakfast? Wheat toast with grapefruit?
Baked beans and grilled veggies for lunch?
Or, how about fresh raw spinach with red onion, strawberries, and a little olive oil and vinegar?

Fiber obtained through one's diet is preferable because it usually comes along with vitamins and minerals that are obtained in naturally occurring fiber foods. There are fiber supplements in pill or powder form that can be added to your diet if needed, always taken with plenty of fluids. Fiber supplements such as Metamucil (psyllium), Citracel, or other generics, can be taken regularly. People tolerate increases in fiber variably. At first, adding fiber to the diet can sometimes cause abdominal gas; starting slowly often helps with small increases until stools are soft formed and regular.

Fiber contents of common American foods:

Cereals

Quaker Multigrain (1/2 c. dry)	5.0g
Oat Bran, hot (1 oz)	4.0g
Oatmeal, reg. hot (1 oz.)	2.8g
Oatmeal, cooked	2.1g
Cream of Wheat (1 oz.)	1.0g
All Bran-Extra Fiber (1.1 oz. 1/2c.)	15.0g
Fiber One (1 oz. 1/2 c.)	14.0g
Bran Buds (1 oz. 1/3 c.)	10.0g
100% Bran (1 oz. 1/2 oz.)	9.0g
Raisin Bran (2 oz. 1 c.)	7.0g
All Bran (1.1 oz. 1/2 c.)	6.0g
Total Raisin Bran (1c.)	5.0g
Fruitful Bran (1.4 oz. 2/3 c.)	5.0g
Complete Bran Flakes (1oz. 1c.)	5.0g
Natural Bran Flakes (1oz. 2/3 c.)	5.0g
Fruit & Fiber (1.25 oz. 2/3/ c.)	5.0g
Common Sense Oat Bran (3/4 c.)	4.0g
Shredded Wheat 'N Bran (1oz. 2/3c.)	4.0g
Mueslix (2 oz. 2/3 c.)	4.0g
Cracklin Oat Bran (1 oz. 3/8 c.)	3.0g
Oatbake Honey Bran (1 oz.)	3.0g
Frosted Mini-Wheats (1 oz. 1/2 c.)	3.0g
Shrd. Wheat Spoon Size (1 oz. 2/3 c.)	3.0g
Shredded Wheat (1 biscuit)	3.0g
Shredded Wheat (1 biscuit)	3.0g
Frosted Wheat Squares (1 oz. 1/2 c.)	3.0g
Whole Grain Total (1oz. 3/4 c.)	3.0g
Grape Nuts (1 oz.)	3.0g
Wheaties (1 oz. 1 c.)	3.0g
Just Right Fruit & Nut (1.9 oz. 3/4 c.)	3.0g
Nutri-Grain (1.1 oz. 3/4 c.)	3.0g
Raisin Nut Bran (1 oz. 1/2 c.)	3.0g
Wheat Chex (1 oz. 2/3 c.)	2.0g
Granola (1.1 oz. 1/3 c.)	2.0g
Basic 4 (1.4 oz. 3/4 c.)	2.0g
Cheerios (1 oz. 1.25 c.)	2.0g
Total (1 oz. 1 c.)	2.0g
Quaker 100% Natural (1 oz)	2.0g
Corn Flakes (1 oz. 1 c.)	1.0g
Nature Valley Granola (1 oz. 1/3 c.)	1.0g
Product 19 (1.1 oz. 1 c.)	1.0g
Corn Pops (1 oz.)	1.0g
Frosted Flakes (1 oz.)	1.0g
Special K (1.1 oz. 1 c.)	1.0g
Rice Crispies (1 c.)	0.3g
Nut & Honey Crunch (1 oz.)	0.0g
Pancakes, whole wheat (1.3 oz.)	3.5g
French Toast	1.3g
Pancakes	<1.0g

Nuts & Seeds

Almonds, oil roasted (1/4 c.)	4.4g
Pistachio, (1/4 c.)	3.5g
Peanuts, dry roasted (1/4 c.)	2.5g
Sunflower Seeds (1/4 c.)	2.4g
Walnuts (1/4 c.)	1.4g
Popcorn (1 c.)	0.8g

Fruits

Pears with skin (1 large)	5.2g
Avocado (1)	4.7g
Blackberries (1/2 c.)	4.7g
Strawberries (1 c.)	3.5g
Dates (5)	3.3g
Apple (1)	3.1g
Raspberries (1/2 c.)	3.0g
Prunes (3)	2.8g
Grapefruit (1)	2.8g
Orange (1)	2.8g
Cherries (1 c.)	2.6g
Raisins (1/4 c.)	2.5g
Banana (1)	2.4g
Cantaloupe (1/2 c.)	2.4g
Peach with skin (1)	2.0g
Watermelon (1 slice)	2.0g
Applesauce (1/2 c.)	2.0g
Blueberries (1/2 c.)	1.6g
Fig, dried (1)	1.6g
Pineapple (1/2 c.)	1.0g
Grapes (1 c.)	1.0g
Apricot (1)	0.7g
Plums (1 small)	0.5g

Legumes

Baked Bean, canned (1/2 c.)	9.0g
Kidney Beans, cooked (1/2 c.)	8.2g
Soybeans (1/2 c.)	8.0g
Pinto Beans, cooked (1/2 c.)	7.8g
Navy Beans, cooked (1/2 c.)	7.4g
Lima Beans, cooked (1/2 c.)	6.0g
Chick Peas (1/2 c.)	6.0g
Black-eyed Peas, cooked (1/2 c.)	5.3g
Lentils, cooked (1/2 c.)	4.5g
Chili (1 serving)	4.5g
Green Peas, cooked (1/2 c.)	4.3g
Dried Peas (1/2 c.)	4.0g

Grains

Corn Bran, Raw (1 oz)	20.4g
Wheat Bran, toasted (1 oz)	13.2g
Barley (1/2 c.)	11.2g
Rice Bran, raw (1 oz)	7.8g
Oat Bran, raw (1 oz)	6.2g
Wheat Flour, whole grain (1 oz)	4.0g
Corn Meal (1/2 c.)	3.6g
Wheat Germ (1 oz)	3.0g
Rolled Oats (1 oz)	3.0g
White Flour (1/2 c.)	2.0g
Corn Tortilla Shell (1)	1.5g
Grits (1 oz)	1.0g

Rice

Wild Rice (1/2 c.)	3.0g
Long Grain brown (1/2 c.)	2.0g
Brown (1/2 c.)	2.0g
White (1/2 c.)	0.6g

Vegetables

Sweet Peas (1/2 c.)	4.5g
Corn (1/2 c.)	4.0g
Spinach (1/2 c.)	3.9g
Sweet Potato, baked (1)	3.9g
Potato, baked with skin (1)	3.5g
Mixed Vegetables (1/2 c.)	3.0-4.0g
Okra (1/2 c.)	3.4g
Broccoli (1/2 c.)	3.0g
Parsnips (1/2 c.)	2.7g
Corn (1 ear)	2.6g
Carrots (1/2 c.)	2.5g
Brussel Sprouts (1/2 c.)	2.4g
Turnip Greens, boiled (1/2 c.)	2.4g
Carrots, raw (1)	2.3g
Squash (1/2 c.)	2.2g
Beets (1/2 c.)	2.0g
Eggplant (1/2 c.)	2.0g
Green Beans, string (1/2 c.)	2.0g
Zucchini (1/2 c.)	2.0g
Potato (1/2 c.)	1.7g
Cabbage, raw (1)	1.5g
Tomato, raw (1)	1.5g
Lettuce, Iceberg (1 c.)	1.4g
Cauliflower	1.4g
Asparagus (1/2 c.)	1.3g
Mushrooms (1/2 c.)	1.2g
Onions, raw (1/2 c.)	1.2g
Celery, raw (1/2 c.)	1.1g
Parsley (1/2 c.)	1.0g
Cucumbers (1/2 c.)	0.8g
Celery (1)	0.5g

Bread, Pasta, Etc.

Whole Wheat Pasta (1 c.)	5.0g
Bran Muffin (1)	3.6g
Cheese Pizza (1 slice)	3.0g
English muffin, wheat (1)	3.0g
Spaghetti (1 c.)	2.2g
Bran Bread (1 slice)	2.0g
Whole Wheat (1 slice)	2.0g
Mixed Grain Bread (1 slice)	1.8g
Egg Noodles, cooked (1/2 c.)	1.7g
Corn Bread (1)	1.5g
Rye (1 slice)	1.5g
English muffin (1)	1.5g
Pumpernickel (1) slice	1.5g
Hamburger/ Hot Dog Bun (1)	1.3g
Rye Cracker	1.0g
Bagel (1)	1.0g
Wheat Cracker (1)	0.9g
Oatmeal Bread (1 slice)	0.8g
French Bread (1 slice)	0.7g
White Bread (1 slice)	0.5g
Pita (1)	0.5g
Italian Bread (1 slice)	0.3g
Graham Cracker (1)	0.2g
Saltine Cracker (1)	<0.2g

Fiber Supplements

Konsyl (1 tsp.)	6.0g
Perdiem Fiber (1 tsp)	4.0g
Konsyl D (1 tsp)	3.4g
Maalox with Fiber (1 tblsp)	3.4g
Mylanta with Fiber (1 tsp)	3.4g
Metamucil (1 tsp)	3.4g
Citrucel (1 tblsp)	2.0g