



HEALTH FOR LIFE

High Fiber Diet

Dietary fiber, also known as roughage or bulk, is found only in plant products. These products include fruits, vegetables, beans, whole grains, and cereals. It is healthy to add these foods to your diet to replace foods that are high in cholesterol and fat.

The recommendation for fiber is 25-35 grams daily from a variety of food sources. It is important to raise your level of fiber very slowly to reduce abdominal discomfort. Using the chart below, try to decide how much fiber you usually eat. Then you may add a few more grams of fiber each week. It also is important to drink extra water as you add fiber to your diet. Try to drink 8-10 cups of water per day.

Fiber in the diet is important to the body in many ways. It helps the digestive system work properly, promotes regularity, prevents constipation, and may even decrease the risk of colon and rectal cancer. It also may help to decrease blood cholesterol and improve glucose control in diabetes.

Bread, Pasta and Grains

	Serving	Fiber (grams)	Calories
Bran Muffin	1 each	2.6	154
Whole wheat bread	1 slice	1.9	70
Spaghetti, whole wheat	1 cup	6.3	174
Brown rice	½ cup	1.7	108
Pumpernickel bread	1 slice	2.1	80

Breakfast Cereals

	Serving	Fiber (grams)	Calories
All-Bran	⅓ cup	6.6	54
Bran-Buds	⅓ cup	12.0	83
Bran Flakes	¾ cup	6.7	100
Oatmeal, cooked	¾ cup	3.0	108
Raisin Bran	¾ cup	5.0	147
Shredded Wheat	⅔ cup	3.3	113

Legumes

	Serving	Fiber (grams)	Calories
Kidney beans, canned	½ cup	4.5	104
Lima Beans, baby, frozen	½ cup	5.4	95
Navy Beans, canned	½ cup	6.7	148
Baked beans, vegetarian	½ cup	6.4	118
Lentils, cooked	½ cup	4.0	115
Black beans, boiled	½ cup	7.5	115
Soybeans, boiled	½ cup	5.1	149
Pinto beans, canned	½ cup	5.5	103

Fruits	Serving	Fiber (grams)	Calories
Apple with skin	1 medium	3.7	80
Apricot, canned	3 halves	1.4	54
Banana	1 medium	2.7	105
Blueberries, raw	½ cup	2.0	40
Cantaloupe	¼ melon	1.0	30
Cherries, sweet	10	1.6	50
Dates, dried	3	1.8	70
Orange, fresh	1 medium	3.1	60
Peach, fresh with skin	1 medium	1.7	35
Prunes	3 dried	1.8	60
Raisins	¼ cup	1.3	110
Strawberries	1 cup	3.4	45
Pear	1 medium	4.0	98

Vegetables	Serving	Fiber (grams)	Calories
Broccoli, frozen	½ cup	2.8	25
Brussels Sprouts, frozen	½ cup	3.2	33
Carrots, raw, medium	1 medium	2.2	31
Cauliflower, frozen	½ cup	2.4	17
Chickpeas, canned	½ cup	5.3	143
Corn, frozen	½ cup	2.0	65
Green Beans, frozen	½ cup	2.2	25
Green peas, frozen	½ cup	4.4	65
Spinach, frozen	½ cup	2.8	27
Tomato, raw	½ cup	1.4	26
Potato, baked with skin	1 each	4.8	220
Sweet Potato, baked with skin	1 each	3.4	117

© Copyright, (99)
 Department of Nutrition & Dietetics
 The Ohio State University Medical Center

- ▶ Upon request all patient education handouts are available in other forms for people with hearing, vision, and language problems, call (614) 293-3191. For more information, please call (614) 293-3707.