

## Fiber Content in Common Foods

- Black beans, 1 cup cooked 15 grams
- Lima beans, 1 cup cooked 13.2 grams
- Canned baked beans, 1 cup cooked 10.4 grams
- Cooked navy beans, 1 cup 19 grams
- Cooked kidney beans, 1 cup 13 grams
- Cooked artichoke, 1 medium in size 6.5 grams
- Canned tomato paste, 1 cup 10 grams
- Raw raspberries, 1 cup 8 grams
- Apple with skin 3.3 grams
- Medium orange 3 grams
- Pear with skin 5.5 grams
- Strawberries, 1 ¼ cup 3.8 grams
- Banana 3.1 grams
- Figs, 2 medium 1.6 grams
- Raisins, 2 tablespoons 1 gram
- Boiled broccoli, 1 cup 5.1
- Turnip greens, 1 cup boiled, 5 grams
- Cooked peas 1 cup 8.8 grams
- Sweet corn 1 cup cooked, 4.2 grams
- Brussels sprouts, 1 cup cooked 4.1 grams
- Baked potato with skin, 2.9 grams
- Raw carrot, 1 medium 1.7 grams
- Almonds 1 ounce, 3.5 grams
- Pistachio nuts 1 ounce, 2.9 grams
- Sunflower seed kernels ¼ cup, 3.9 grams
- Pecans 1 ounce, 2.7 grams
- Whole wheat spaghetti, 1 cup cooked 6.2 grams
- Barley, pearled, cooked 1 cup, 6 grams
- Bran flakes, ¾ cup 5.3 grams
- Oat bran muffin, 1 medium 5.2 grams
- Oatmeal, 1 cup 4 grams
- Popcorn, air-popped 3 cups, 3.5 grams
- Brown rice, cooked 1 cup, 3.5 grams
- LaTortilla Factory soft tortilla wraps, 13 grams
- Thomas Bagel Thins 100% whole wheat, 5 grams
- Nature's Own Double Wheat Fiber bread, 7 grams slice
- Fiber One granola bars, 9 grams
- Wal-Mart brand Great Value granola bars, 9 grams
- Splenda with fiber, 1 gram per packet
- Raisin Bran Crunch cereal, 4 grams
- Praeventia cookies, 4 grams
- Flavor & fiber bar by Gnu Food (gnufoods.com), 12 grams
- Belvita, cookies found at Wal-Mart, 3 grams
- Fiber One cereal, 1 serving 14 grams

### Fiber Supplements:

Metamucil, 2 wafers=5 grams      Citrucel      Konsyl  
Benefiber, 3 caplets=3 grams      Fiber-Con

Any brand of fiber is acceptable. ((Find one that you like)) Between your high fiber foods and fiber supplements, you should be consuming **25-35 grams of fiber a day.**

**Remember... Don't forget to drink the water!**