

## High-Fiber Foods to Choose More Often

|                           | <u>Serving Size</u> | <u>Dietary Fiber (grams)</u> |
|---------------------------|---------------------|------------------------------|
| <b>Breads and Cereals</b> |                     |                              |
| Brans cereals             | 1/2 cup             | 3-13                         |
| Popcorn                   | 2 cups              | 5                            |
| Brown rice                | 1/2 cup             | 6                            |
| Whole-wheat bread         | 1 slice             | 1-2                          |
| Wheat bran, raw           | 1/4 cup             | 6                            |
| <b>Legumes</b>            |                     |                              |
| Kidney beans*             | 1/2 cup             | 8                            |
| Navy beans*               | 1/2 cup             | 9                            |
| <b>Vegetables</b>         |                     |                              |
| Broccoli*                 | 1/2 cup             | 4                            |
| Brussels sprouts*         | 1/2 cup             | 3                            |
| Carrots                   | 1/2 cup             | 2                            |
| Corn                      | 1/2 cup             | 5                            |
| Green peas                | 1/2 cup             | 3                            |
| Potato with skin          | 1 medium            | 3                            |
| <b>Fruit</b>              |                     |                              |
| Apple with peel           | 1 medium            | 4                            |
| Banana                    | 1 medium            | 2                            |
| Blueberries               | 1/2 cup             | 2                            |
| Pear with skin            | 1 medium            | 5                            |
| Prunes                    | 3                   | 3                            |
| Orange                    | 1 medium            | 3                            |
| Raisins                   | 1/4 cup             | 3                            |
| Strawberries              | 1 cup               | 3                            |

The recommended intake of fiber is 25 to 35 grams a day. Increase fiber gradually.

\*These foods tend to cause gas.