

Fiber Foods

"A diet consisting of 20 - 35 grams of dietary fiber per day can help prevent constipation & reduce your risk of cancer & heart disease."

High Fiber Foods (3 Grams per serving)

Grains 1 c. Raisin Bran ½ c. Crunchy Corn Bran* ¾ c. Corn Chex* 2/3 c. Life* ¾ c. Oatmeal, cooked ¾ c. Puffed Wheat 1c. Whole Wheat Spaghetti		Meat & Legumes ½ c. Baked Beans 1/3 c. Kidney Beans* ¾ c. Lentils* ½ -2/3 c. Lima Beans ½ c. Navy Beans* 2/3 c. Pinto Beans ½ c. White Beans*
Fruits & vegetables 1 c. Strawberries 1 med. Apple ¼ c. Raisins 4 ea. Apricots 1 med. Baked Potato w/skin ½ c. Peas-frozen, cooked 1 med. Sweet Potato	½ c. Broccoli 1 med. Carrots ½ c. Brussels Sprouts ½ c. Corn 3 c. Dried Prunes	Others 1 c. Bean w/Bacon soup 1 c. Chili 1 c. Refried Beans 1 c. Black Bean Soup 1 c. Green Pea Soup 1 c. Split Pea w/Ham & Bacon Soup 3 c. Popcorn
Medium Fiber Foods (1-2 Grams per serving)		
Grains 1 c. Cherios* ¾ c. Wheat Chex* 1 c. Wheaties ¼ c. Grape Nuts 1 bsct. Shredded Wheat ¾ c. Total 2 ea. Graham Crackers		Grains 1 sl. Whole Wheat Bread 6 ea. Whole Wheat Crackers 1 sl. Raisin Bread ½ c. Brown Rice ½ c. Whole Wheat Pasta ½ c. Wild Rice Meat & Legumes 2 Tbsp. Peanut Butter*
Fruits & vegetables 1 sm. Pear ¼ c. Cantaloupe 1 sm. Banana 1 c. Grapes 1 med. Orange 1 med. Peach	½ c. Beets ½ c. Green Beans 1 c. Spinach ½ c. Cauliflower, raw ½ c. Potatoes, mashed 1 med. Tomato, fresh	Others 1 c. Air Popped Popcorn 1 c. Veg. Vegetarian Soup 1 c. Minestrone Soup 1 c. Vegetable Beef Soup 1 ea. Granola Bar 1 ea. Fig Newtons 1 ea. Oatmeal Cookies

