

High Fiber Diet

The simplest way to increase the fiber in your diet is to eat more fresh fruits, fresh vegetables and whole grain products. This means eating fruits and vegetables every day. Raw fruits and vegetables are best, but cooked, canned or dried fruits and vegetables are also helpful. Whole grains are easiest to eat as cereals such as 100% bran or shredded wheat cereals. Bran, oats or whole-wheat flour may be baked into breads or muffins. You might sprinkle bran flakes on to other foods such as salads, yogurt or cereal. If, for some reason, you cannot eat enough high fiber foods you may wish to obtain fiber from other sources. For example, you can get psyllium seed products such as Metamucil or its generic brand from the grocery or drug store. Cellulose is available as Citrucel. Numerous over the counter fiber products are available in various forms such as powders, tablets, capsules, wafers and cookies. Keep trying these various products until you find those that are effective, tastier and easier to eat. The goal is to regularly pass a formed, soft stool without straining.



Amount of Fiber in Common Foods

Fruits

	Serving Size
Apple, raw, with skin	1 medium = 3.3 grams
Peach, raw	1 medium = 1.5 grams
Pear, raw	1 medium = 5.1 grams
Tangerine, raw	1 medium = 1.9 grams

Vegetables

Asparagus, fresh, cooked	4 spears = 1.2 grams
Broccoli, fresh, cooked	½ cup = 2.6 grams
Brussels sprouts, fresh, cooked	½ cup = 2 grams
Cabbage, fresh, cooked	½ cup = 1.5 grams
Carrot, fresh, cooked	½ cup = 2.3 grams
Cauliflower, fresh, cooked	½ cup = 1.7 grams
Romaine lettuce	1 cup = 1.2 grams
Spinach, fresh, cooked	½ cup = 2.2 grams
Summer squash, cooked	1 cup = 2.5 grams
Tomato, raw	1 = 1 gram
Winter squash, cooked	1 cup = 5.7 grams

Starchy Vegetables

Baked beans, canned, plain	½ cup = 6.3 grams
Kidney beans, fresh, cooked	½ cup = 5.7 grams
Lima beans, fresh, cooked	½ cup = 6.6 grams
Potato, fresh, cooked	1 cup = 2.3 grams

Grains

Bread, whole-wheat	1 slice = 1.9 grams
Brown rice, cooked	1 cup = 3.5 grams
Cereal, bran flake	¾ cup = 5.3 grams
Oatmeal, plain, cooked	¾ cup = 3 grams
White rice, cooked	1 cup = 0.6 gram