

High Fiber Food examples

Raspberries – 1 cup has 8 g
 Apple with skin – 1 med apple has 4.4 g
 Mango – 1 cup has 3.3 g
 Strawberries – 1 cup has 3.0 g
 Peaches – ¼ cup has 3.0 g
 Spaghetti (whole wheat) – 1 cup has 6.3 g
 Bran muffin – 1 med muffin has 5.2 g
 Popcorn – 3 cups has 3.6 g
 Bread (rye) – 1 slice has 2.0 g
 Quinoa (cooked) – 1 cup has 5.0 g
 Rye wafer crackers (Wasa) – 1 slice has 4.0 g
 Split peas (cooked) – 1 cup has 16.3 g
 Refried beans - 1 cup has 15.0 g
 Lima beans (cooked) 1 cup has 13.2 g
 Sunflower seeds – ¼ cup has 4.0 g
 Pistachio nuts – 1 oz has 2.9 g
 Avocado (raw) – ½ cup has 9.0 g
 Artichoke (cooked) – 1 med artichoke has 10.3 g
 Broccoli (boiled) – 1 cup has 5.1 g
 Sweet corn – 1 cup has 4.0 g
 Tomato paste – ¼ cup has 2.7 g
 Kale (cooked) – 1 cup has 3.0 g
 Cauliflower (cooked) – 1 cup has 5.0 g
 Nature’s own fiber wheat bread – 1 slice has 5.0 g
 Weight watchers flakes and fiber – ½ cup has 9.0 g
 Bobs red mill organic high fiber hot cereal – ½ cup has 10.0 g
 Yoplait fiber one – 4 oz has 5.0 g

Pear with skin – 1 med pear has 5.5 g
 Banana – 1 med banana has 3.1 g
 Orange – 1 med orange has 3.1 g
 Prunes – ½ cup has 6.0 g
 Pumpkin (canned) – ½ cup has 13.0 g
 Bran flakes – ¾ cups has 5.3 g
 Oatmeal – 1 cup has 4.0 g
 Brown rice – 1 cup has 3.5 g
 Bread (whole wheat) – 1 slice has 2.0 g
 Dave’s killer bread – 1 slice has 5.0 g
 Flax seed – 1 oz has 8.0 g
 Lentils (cooked) – 1 cup has 15.6 g
 Black beans (cooked) – 1 cup has 15.0 g
 Baked beans – 1 cup has 10.4 g
 Almonds – 1 oz has 3.5 g
 Pumpkin seeds – ½ cup has 3.0 g
 Spinach – 1 cup has 4.0 g
 Green peas (cooked) – 1 cup has 8.8 g
 Brussel sprouts (cooked) – 1 cup has 4.1 g
 Potato with skin (baked) – 1 small has 4.0 g
 Carrot – 1 med carrot has 2.0 g
 Zucchini (cooked) – 1 cup has 3.0 g
 Fiber one bar – 1 bar has 9.0 g
 Silk soy plus fiber – 1 cup has 5.0 g
 Tropicana orange juice w fiber – 1 cup has 3.0 g
 Activia – 4 oz has 3.0 g
 Chia seeds – 1 oz has 10.0 g

Nutrition Facts		Nutrition Facts	
Serving Size 2/3 cup (55g) Servings Per Container About 8		8 servings per container Serving size 2/3 cup (55g)	
Amount Per Serving		Amount per 2/3 cup	
Calories 230	Calories from Fat 40	Calories 230	
% Daily Value*		% DV*	
Total Fat 8g	12%	12% Total Fat 8g	
Saturated Fat 1g	5%	5% Saturated Fat 1g	
Trans Fat 0g		Trans Fat 0g	
Cholesterol 0mg	0%	0% Cholesterol 0mg	
Sodium 160mg	7%	7% Sodium 160mg	
Total Carbohydrate 37g	12%	12% Total Carbs 37g	
Dietary Fiber 4g	16%	14% Dietary Fiber 4g	
Sugars 1g			
Protein 3g			

Look on food labels under “Total Carbohydrates” at “Dietary Fiber” to count how many grams of fiber you are getting each day. Remember to note serving sizes.

TRY TO GET AT LEAST 20 GRAMS OF FIBER EACH DAY

Adding Chia seeds to yogurt or salad is one way to increase fiber.

They are adding fiber to some yogurt brands; check labels.

*Metamucil powder mixed in 6-8 oz water is non-addictive for a bowel regimen and can be used 3 times a day to add fiber to diet.

Probiotic foods such as kefir, yogurt, sour kraut, or fermented foods such as sauces or pickles help with bowel regularity.

*Probiotic pills are available over the counter and also helpful for regular bowel movements. 1-2 million units daily is recommended.

Good brands commonly recommended by GI physicians are Culturelle, Align, or Probiotic 10