

Gluten Free High Fiber Diet

Recommended daily amount of dietary fiber is 30-35 grams

Grains/ seeds	Fiber (grams)	Fruits and Vegetables	Fiber (grams)
Brown rice (1/2 cup)	2	Apple	3
White rice (1/2 cup)	1	Apricots (3) or (7 dried slices)	6
Oatmeal (gluten free) (1/2 cup)	2	Banana (1)	2
Rice bread	2	Blackberries (1/2 cup)	5
“Udi’s” millet- chia bread	6	Blueberries (1 cup)	4
Rice Pasta (2 oz)	2	Grapefruit (1/2 cup)	2
Quinoa Pasta (2 oz)	4	Grapes (15)	1
Corn Pasta (2oz)	1	Nectarine (1)	3
Rice Chex cereal (1 cup)	1	Orange (1)	2
Corn Chex cereal (1 cup)	2	Peach (1)	2
Rice Krispies cereal (1 cup)	1	Pear (1)	3
Quinoa (1 cup)	5	Raspberries (1 cup)	9
Flax seeds (1 tbsp)	2	Strawberries (1 cup)	4
Cornmeal (1 cup)	9	Asparagus (1 cup)	5
Brown Rice flour (1 cup)	7	Broccoli (1 cup)	3
Buckwheat four (1 cup)	12	Carrots 1 (cup)	4
		Cauliflower	3
Snacks		Celery (1 stalk)	1
Gluten free pretzels	0	Lettuce (2 cups)	1
Popcorn (1 cup popped)	2	Peas (1/2 cup)	7
Peanuts (1/4 cup)	3	Baked Potato (1)	4
Almonds (¼ cup)	5	Mushrooms (1/2 cup)	3
Rice crackers (16 crackers)	1	Spinach (1/2 cup)	2
Peanut Butter (2 tbsp)	2	Squash (1/2 cup)	2
		Zucchini (1 cup)	4
Beans			
Pinto Beans (1 cup)	14		
Refried Beans (1 cup)	13		
Black Beans (1 cup)	16		
Kidney Beans (1 cup)	16		
Green Beans (1/2 cup)	2		
Garbanzo Beans (1 cup)	10		