

# High Fiber Diet

**Recommended daily amount of dietary fiber per day is 30-35 grams. All fiber amounts below are in grams.**

<u>Food</u>	<u>Fiber</u>	<u>Food</u>	<u>Fiber</u>
<b>Grains</b>		<b>Fruits</b>	
Whole wheat bread (1 slice)	2	Strawberries (1cup)	3
Great Harvest High 5 Fiber (1)	5	Orange (1 med)	3
Brown Rice (1 cup)	4	Banana (1)	3
Barley (1 cup)	6	Apple (1 med)	4
Spaghetti Whole Wheat (1cup)	6	Blueberries (1 cup)	4
High Fiber Bread (1 slice)	6	Pear (1 med)	6
Raisin bran (1cup)	4	Blackberries (1cup)	8
Bran Flakes (1 cup)	7	Raspberries (1cup)	8
Grape Nuts (1 cup)	14	Prunes (1cup)	12
Raw Oat Bran (1cup)	16		
All Bran original (1 cup)	20	<b>Vegetables</b>	
Fiber One (1 cup)	28	Green Beans (1 cup)	4
All Bran Buds (1cup)	39	Brussel Sprouts(1 cup)	4
		Broccoli (1 cup)	5
<b>Snacks</b>		Mushrooms (1 cup)	6
Popcorn ( 3 cups)	4	Asparagus (1 cup)	6
Sunflower Seeds(1/4 cup)	4	Peas (1 cup)	7
Walnuts (1 cup)	5	Sweet Corn (1 cup)	8
Almonds (1 cup)	11	Green Peas (1 cup)	9
Peanuts (1 cup)	12	Artichoke (1)	10
Pistachios (1 cup)	13	Pinto Beans (1 cup)	11
		Baked Beans (1 cups)	12
		Lima Beans (1 cup)	13
		Kidney Beans (1 cup)	14
		Avocado (1)	14
		Black Beans (1 cup)	15
		Lentil (1 cup)	16
		Split Peas (1cup)	16
<b>Supplements</b>			
Fibercon tablets: 2 tablet	1		
Citrucel tablets: 1 capsule	1		
Citrucel Powder:1 glass	2		
Benefiber 3tsp	3		
Metamucil powder 1tsp	3		
Metamucil Capsules 6cap	3		