

## FIBER CONTENT OF COMMON FOODS

Eating foods that are higher in fiber has many health benefits. Fiber help keep the intestinal tract in good working order by helping prevent constipation and diarrhea. Fiber is know as "THE GREAT EQUALIZER" for this reason. Fiber eases discomforts of irritable bowel syndrome and may reduce the risk of colon cancer. Fiber helps control blood sugar and may help reduce the risk of heart disease. The United States government has launched a "5-A-Day" campaign to encourage americans to eat at least five servings a day of fruits and/or vegetables to increase the fiber in their diets.

Choose a fiber-rich cereal, and make it more appealing by adding fresh fruit (a good idea anyway) a handful of nuts, or even a sprinkle of sugar. Or try a sweeter-tasting cereal. Check your grocery store for the tasty whole grain brands we've listed below. Slimming cereals: If you find bran flakes too boring, try one of these higher-fiber mouth-pleasers instead. Ideally, your cereal should contain at least 7g of fiber per serving.

**\*General Mills Multi-Bran Chex (1cup) 200 cal, 6g fiber**

**\*Kellog's Honey Frosted Mini-Wheats (24 biscuits) 200 cal, 6g fiber**

**\*Post Cinna-Cluster Raisin Bran (1cup) 220 cal, 7g fiber**

**\*Kashi Seven Whole Grains Sesame (3/4 cup) 90 cal, 8g fiber**

**\*Post Fruit and Fiber (1cup) 190 cal, 6g fiber**

### **YOUR GOAL: AT LEAST 25 GRAMS OF FIBER EACH DAY**

Food Item	Serving	Fiber	Sugars	Carbs
<u>Cereals</u>				
All Bran Buds	1/3 cup	13	6	24
Cheerios	1 1/4 cup	2.5	1	22
Corn Flakes	1 cup	0.5	1	24
Cream of Wheat(regular,uncooked)	2 1/2 tbsp	1.1	0	25
Fiber One****	1/2 cup	14	0	24
Simply Fiber****	1 cup	14	0	31
40% Bran Flakes	2/3 cup	4.3	6	24
Grapenuts	1/4 cup	2.8	3	23
Oatmeal, uncooked	1/3 cup	2.7	0	18
Product 19	1 cup	1.2	4	25
Puffed Rice	1 cup	1.2	0	13
Quaker Oat Squares	1/2 cup	2.2	0	21
Raisin Bran	3/4 cup	4 to 8	18	47
Rice Krispies	1 cup	0.3	3	29
Shredded Wheat	2/3 cup	3.5 to 6	0	32
Shredded Wheat & Bran	1 1/4 cup	8	0	47
Total, whole wheat	1 cup	2.6	5	24
Wheaties	2/3 cup	2.3	4	24
<u>Rice and Pasta</u>				
Macaroni, white, uncooked	1/2 cup	0.7	0	40
Macaroni, wheat, cooked	1/2 cup	4	0	37
Popcorn, popped	3 cups	2	tr	16
Rice, white, cooked	1/3 cup	0.5	0	15
Rice, wild, cooked	1/3 cup	0.4	2	11
<u>Bread and Crackers</u>				
Bagel, Plain	1/2 bagel	0.7	0	19
Bread, Bran	1 Slice	3	1	9
French	1 Slice	0.9	2	12
Seven Grain Light	1 Slice	3	1	7
Rye	1 Slice	2	0	16
White	1 Slice	2	0	16
Whole Wheat	1 Slice	2	2	11
Graham Crackers	2 Whole	1.4	8	25
Wheat thins	6 Crackers	2.2	3	21

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Food Item	Serving	Fiber	Sugars	Carbs
<u>Fruits</u>				
Apple, red with skin	1 small	2.8	0	21
Applesauce, sweetened	1/2 cup	2	0	25
Banana, fresh	1/2 cup	2	0	27
Blueberries, fresh	1/2 small	4	8	12
Figs, dried	3/4 cup	3	0	24
Fruit Cocktail, canned	2 cups	1	23	24
Grapefruit, fresh	1/2 cup	1.6	0	10
Grapes, fresh red with skin	1/2 medium	0.4	0	9
Melon, Cantaloupe	1 cup cubed	1.1	0	13
Orange, fresh	1 small	2.9	0	13
Pear, fresh with skin	1/2 large	4	0	25
Prunes, dried	3 medium	1.7	0	21
Raisins	1 Tbsp	1	0	7
Raspberries, fresh	1 cup	3.3	0	14
Strawberries, fresh	1 1/4 cup	4	0	10
Watermelon	1 cup	1	0	11
<u>Vegetables</u>				
Broccoli, cooked	1/2 cup	2	2	7
Brussels sprouts, cooked	1/2 cup	3.8	0	7
Cabbage, cooked	2/3 cup	3	0	3
Carrots, fresh	1 (7 1/2" long)	2.3	0	7
Cauliflower, cooked	1/2 cup	1	0	3
Corn on the cob	1 medium ear	5	0	24
Cucumber, fresh	1 cup	0.5	0	38
Green beans, canned	1/2 cup	2	0	3
Lettuce, iceberg	1 cup	0.5	0	tr
Peas, green, canned	1/2 cup	4	6	11
Potato, sweet, fresh	1/3 cup	2.7	0	28
Potato, Idaho	1 small	4.2	0	27
<u>Legumes</u>				
Black-eyed Peas, canned	1/2 cup	4.7	0	18
Butter beans, dried, cooked	1/2 cup	6.9	1	16
Chick Peas, dried, cooked	1/2 cup	8	0	8
Kidney Beans, cooked	1/2 cup	6.9	0	20
Lentils, dried, cooked	1/2 cup	5.2	0	16
Navy Beans, dried, cooked	1/2 cup	6.5	tr	19
Pinto Beans, cooked	1/2 cup	9.4	1	20
White Beans, Northern, canned	1/2 cup	7.2	0	20
<u>Nuts and Seeds</u>				
Almonds	6 whole	0.6	0	1
Hazelnuts	1 tbsp	0.5	0	1
Peanut Butter, smooth	1 tbsp	1	0	3.5
Peanuts, roasted	10 large	0.6	0	1
Sunflower Seeds	1 tbsp	0.5	0	10
Walnuts	2 whole	0.3	0	2

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