Recommended Total Fiber Intake**						
AGE	MEN	WOMAN				
19-50	38 grams/day	25 grams/day				
Over 50	30 grams/day	21 grams/day				

0		if you have enough fi					1
Food	Size of	Fiber	Calories/	Food	Size of	Fiber	Calories/
<b>D 1</b> /	Serving	Grams/Servings	Serving		Serving	Grams/Servings	Serving
Fruits: (raw unless otherwise noted			Vegetables: (cooked, unless otherwise noted)				
Apple (w/peel)	1 medium	3.7	81	Artichoke	1 globe	6.5	60
Apricots	1 cup	3.7	74	Asparagus	¹∕₂ cup	1.8	25
Banana	1 medium	2.7	105	Beans:			
Blackberries	1 cup	7.2	75	Green (canned)	¹∕₂ cup	1.3	14
Blueberries	1 cup	3.9	81	Kidney	<sup>1</sup> / <sub>2</sub> cup	5.7	114
Cantaloupe	1 cup	1.3	56	Lima	<sup>1</sup> /2 cup	6.1	85
Grapefruit	1 medium	2.8	82	Pinto	<sup>1</sup> /2 cup	7.4	118
Grapes	1 cup	1.6	114	White	<sup>1</sup> /2 cup	5.5	122
Orange	1 medium	3.1	62	Beets	<sup>1</sup> /2 cup	1.6	37
Pear (with peel)	1 medium	4.0	98	Broccoli	1⁄2 cup	2.8	26
Pineapple	1 cup	1.9	76	Cabbage, green	½ cup	2.1	16
Plums	1 medium	1.0	36	Cabbage, green	<sup>1</sup> /2 cup	0.8	9
				(raw)	·r		
Prunes (dried)	1 cup	11.4	386	Carrots	½ cup	2.6	35
Raspberries	1 cup	8.4	60	Cauliflower	½ cup	2.0	17
Strawberries	1 cup	3.4	45	Cauliflower (raw)	<sup>1</sup> / <sub>2</sub> cup	1.3	13
Watermelon	1 slice	0.8	51	Celery (raw)	½ cup	1.0	10
GRAIN PRODUCTS AND OTHERS:			Corn	<sup>1</sup> /2 cup	2.0	66	
Bread:		JIIILKS.		Cucumber	<sup>32</sup> cup <sup>1</sup> / <sub>2</sub> cup	0.4	7
Di cau.				(raw)	<sup>92</sup> cup	0.4	/
French	1 slice	0.8	68	Eggplant	½ cup	1.2	13
Rye	1 slice	1.6	67	Green Peas	<sup>1</sup> /2 cup	4.4	62
White	1 slice	0.6	67	Lettuce,	<sup>1</sup> /2 cup	0.4	4
				iceberg (raw)	-		-
Whole	1 slice	2.0	70	Onions (raw)	½ cup	1.4	30
Wheat				D + + (1 1 1	1/	1.5	
Cereal:				Potato (baked with skin)	<sup>1</sup> ⁄2 cup	1.5	66
Bran	1 ounce	9.7	70	Spinach	<sup>1</sup> ∕2 cup	2.7	25
Corn Flakes	1 ounce	1.0	110	Tomato	¹∕₂ cup	1.0	19
Oat Bran	1 ounce	4.3	69	Zucchini	¹∕₂ cup	1.3	14
Oatmeal	1 ounce	3.0	109	METAMUCIL:			
Shredded Wheat	1 ounce	2.8	102	Capsules	6 capsules	3.0	10
Crackers:				Smooth Texture Orange (sugar free)	1 tsp	3.0	20
Graham	1 square	0.1	27	Smooth Texture Orange (with sugar)	1 tbsp	3.0	45
Saltine	1 regular	0.1	13	Wafers	2 wafers	3.0	120
Rice:							
Brown	1⁄2 cup	1.8	108				_
White	¹∕₂ cup	0.3	103				4
Spaghetti	2 ounces	2.1	225				
Almonds (roasted)	<sup>1</sup> ∕2 cup	6.4	351				
Peanuts (roasted)	<sup>1</sup> / <sub>2</sub> cup	6.1	388				

\*\* Institute of Medicine, The National Academy of Sciences, 2002

Track your fiber intake for five days. Use the Fiber Source Guide to find out how much fiber is in common food.

## If you're not getting your recommended amount of fiber each day, talk to your doctor about how you can increase the fiber in your diet.

your ulet.	Example	Monday	Tuesday	Wednesday	Thursday	Friday
Food	Oatmeal	· ·	*		, , , , , , , , , , , , , , , , , , ,	•
Fiber Grams	2.8					
Food	Blueberries					
Fiber Grams	3.9					
Food	W.W. Bread					
Fiber Grams	1.9					
Food	W.W. Bread					
Fiber Grams	1.9					
Food	Apple					
Fiber Grams	3.7					
Food	Spaghetti					
Fiber Grams	.14					
Food	Corn					
Fiber Grams	2.0					
Food	White Bread					
Fiber Grams	.6					
Food						
Fiber Grams						
Food						
Fiber Grams						
Food						
Fiber Grams						
Food						
Fiber Grams						
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Food						
Fiber Grams						
Add numbers in each column to find your daily fiber intake.						
Total Daily Fiber	18.2					
Intake						

Too Low – Like most Americans, this example is not enough fiber. Talk to your doctor about how to add fiber to your diet.

## **Quick Fiber Facts**

- Most Americans consume only about half of the recommended fiber they need each day.
- Fiber helps maintain normal bowel function, and helps prevent constipation and its potential complications. Straining and pressure from constipation may lead to diverticular disease and hemorrhoids.
- Stool softeners or stimulant laxatives only offer short-term relief of constipation, while <u>dietary changes or fiber therapies help break the</u> cycle of irregularity.
- Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium husk, as in Metamucil, <u>may reduce the</u> risk of heart disease by lowering cholesterol. One adult dose of Metamucil has 2.4 grams of this soluble fiber.
- <u>Increase fiber intake gradually</u>, giving the body time to adjust.