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


\section*{| $\begin{array}{l}\text { Fiber Sources in Common Foods } \\ \text { Use this guide to find out if you have enough fiber in you diet. }\end{array}$ |
| :--- |
| 而 |}


| Food | Size of Serving | Fiber Grams/Servings | Calories/ Serving | Food | Size of Serving | Fiber Grams/Servings | Calories/ 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 | 1/2 cup | 5.7 | 114 |
| Cantaloupe | 1 cup | 1.3 | 56 | Lima | 1/2 cup | 6.1 | 85 |
| Grapefruit | 1 medium | 2.8 | 82 | Pinto | 1/2 cup | 7.4 | 118 |
| Grapes | 1 cup | 1.6 | 114 | White | 1/2 cup | 5.5 | 122 |
| Orange | 1 medium | 3.1 | 62 | Beets | 1/2 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 | 1/2 cup | 2.1 | 16 |
| Plums | 1 medium | 1.0 | 36 | Cabbage, green (raw) | $1 / 2$ cup | 0.8 | 9 |
| Prunes (dried) | 1 cup | 11.4 | 386 | Carrots | 1/2 cup | 2.6 | 35 |
| Raspberries | 1 cup | 8.4 | 60 | Cauliflower | 1/2 cup | 2.0 | 17 |
| Strawberries | 1 cup | 3.4 | 45 | Cauliflower (raw) | $1 / 2$ cup | 1.3 | 13 |
| Watermelon | 1 slice | 0.8 | 51 | Celery (raw) | 1/2 cup | 1.0 | 10 |
| GRAIN PRO | UCTS AND | HERS: |  | Corn | 1/2 cup | 2.0 | 66 |
| Bread: |  |  |  | $\begin{aligned} & \text { Cucumber } \\ & \text { (raw) } \end{aligned}$ | $1 / 2$ cup | 0.4 | 7 |
| French | 1 slice | 0.8 | 68 | Eggplant | 1/2 cup | 1.2 | 13 |
| Rye | 1 slice | 1.6 | 67 | Green Peas | 1/2 cup | 4.4 | 62 |
| White | 1 slice | 0.6 | 67 | Lettuce, iceberg (raw) | $1 / 2$ cup | 0.4 | 4 |
| Whole Wheat | 1 slice | 2.0 | 70 | Onions (raw) | 1/2 cup | 1.4 | 30 |
| Cereal: |  |  |  | Potato (baked with skin) | $1 / 2$ cup | 1.5 | 66 |
| Bran | 1 ounce | 9.7 | 70 | Spinach | 1/2 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 <br> 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 <br> 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 |  |  |  |  |
| Spaghetti | 2 ounces | 2.1 | 225 |  |  |  |  |
| Almonds (roasted) | $1 / 2$ cup | 6.4 | 351 |  |  |  |  |
| Peanuts (roasted) | 1/2 cup | 6.1 | 388 |  |  |  |  |

[^0]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.

|  | 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 |  |  |  |  |  |  |
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| Fiber Grams |  |  |  |  |  |  |
| Food |  |  |  |  |  |  |
| Fiber Grams |  |  |  |  |  |  |
| Add numbers in each column to find your daily fiber intake. |  |  |  |  |  |  |
| Total Daily Fiber Intake | 18.2 |  |  |  |  |  |

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 dietary changes or fiber therapies help break the 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, may reduce the risk of heart disease by lowering cholesterol. One adult dose of Metamucil has 2.4 grams of this soluble fiber.
- Increase fiber intake gradually, giving the body time to adjust.


[^0]:    ** Institute of Medicine, The National Academy of Sciences, 2002

