

# High Fiber Diet

Dietary fiber, also known as roughage or bulk, is found only in plant products. These products include fruits, vegetables, beans, whole grains and cereals. Fiber in the diet is important to the body in many ways. It helps the digestive system work properly, promotes regularity, prevents / treats constipation and may even decrease the risk of colon and rectal cancer. It also may help to decrease blood cholesterol, improve glucose control in diabetes and control weight.

The recommendation for fiber is 25 to 35 grams daily from a variety of food sources. It is important to raise your level of fiber very slowly to reduce abdominal discomfort. For example, replace 1 refined food with a high fiber food each week. It also is important to drink extra water as you add fiber to your diet. Try to drink at least 8 cups of water per day.

<b>Bread, Pasta and Grains</b>	<b>Serving</b>	<b>Fiber (grams)</b>	<b>Calories</b>
Bran muffin	1 each	2.6	154
Whole wheat bread (varies, check label)	1 slice	1.9	70
Spaghetti, whole wheat	1 cup	6.3	174
Brown rice	½ cup	1.7	108
Pumpernickel bread	1 slice	2.1	80
Fiber One® cherry granola bar	1 bar	9	140

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**Breakfast Cereals**

	<b>Serving</b>	<b>Fiber (grams)</b>	<b>Calories</b>
All-Bran	1/3 cup	6.6	54
Kashi GoLean®	¾ cup	7.5	105
Kashi GoLean® Crunch	¾ cup	6	143
Bran flakes	¾ cup	6.7	100
Oatmeal, cooked	¾ cup	3	108
Raisin Bran	¾ cup	5	147
Shredded wheat	2/3 cup	3.3	113

**Legumes**

	<b>Serving</b>	<b>Fiber (grams)</b>	<b>Calories</b>
Kidney beans, canned	½ cup	4.5	104
Lima beans, baby, frozen	½ cup	5.4	95
Navy beans, canned	½ cup	6.7	148
Baked beans, vegetarian	½ cup	6.4	118
Lentils, cooked	½ cup	4	115
Black beans, boiled	½ cup	7.5	115
Soybeans, boiled	½ cup	5.1	149
Pinto beans, canned	½ cup	5.5	103

**Fruits**

	<b>Serving</b>	<b>Fiber (grams)</b>	<b>Calories</b>
Apple with skin	1 medium	3.7	80
Apricot, canned	3 halves	1.4	54
Banana	1 medium	2.7	105
Blueberries, raw	½ cup	2	40
Cantaloupe	¼ melon	1	30
Cherries, sweet	10	1.6	50
Dates, dried	3	1.8	70
Orange, fresh	1 medium	3.1	60
Peach, fresh with skin	1 medium	1.7	35
Prunes	3 dried	1.8	60
Raisins	¼ cup	1.3	110
Strawberries	1 cup	3.4	45
Pear	1 medium	4	98

<b>Vegetables</b>	<b>Serving</b>	<b>Fiber (grams)</b>	<b>Calories</b>
Broccoli, frozen	½ cup	2.8	25
Brussels sprouts, frozen	½ cup	3.2	33
Carrots, raw	1 medium	2.2	31
Cauliflower, frozen	½ cup	2.4	17
Chickpeas, canned	½ cup	5.3	143
Corn, frozen	½ cup	2	65
Green beans, frozen	½ cup	2.2	25
Green peas, frozen	½ cup	4.4	65
Spinach, frozen	½ cup	2.8	27
Tomato, raw	½ cup	1.4	26
Potato, baked with skin	1 each	4.8	220
Sweet potato, baked with skin	1 each	3.4	117

- **Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: [health-info@osu.edu](mailto:health-info@osu.edu).**