

HIGH FIBER FOODS

Recommended Daily Fiber Intake

	gm		gm
1-3 yrs. old	19	Female (9-13 yrs. Old)	26
4-8 yrs. old	25	(14-18 yrs. Old)	36
Male (9-13 yrs. Old)	31	(19-50 yrs. old)	25
(14-50 yrs. Old)	38	(Over 50 yrs. Old)	21
(Over 50 yrs. Old)	30	Pregnant women	28
		Breastfeeding women	29

Food	Serving size	Fiber (gm)
Apple with skin	1 (medium)	3.7
Orange	1 (medium)	3.1
Pear with skin	1 (medium)	4.4
Dried Fruits		
Apricots	1 apricot	0.8
Dates	1 date	0.6
Figs	1 fig	2.3
Prunes	1 prune	0.6
Raisins	¼ cup	2.0
Broccoli	½ cup (cooked)	5.2
Carrot	½ cup (cooked)	2.6
Sweet Potato	1 cup (cooked)	5.9
Corn	1 cup (cooked)	4.6
Green Peas	1 cup (cooked)	8.8
Dried Beans and Peas	½ cup (cooked)	5-7
Brown Rice	1 cup (cooked)	3.5
Bran Cereal – wheat bran, oat bran, rice bran	½ cup	9.9
Whole Wheat Bread	1 slice	1.9
Wheat Germ	¼ cup	4.0
Nuts – almonds, peanuts, pistachio (High in fat, use in moderation)	1 oz	2.3-3.3

Fiber refers to any part of plant foods that the body cannot digest or absorb. It helps to relieve constipation by attracting more water into the intestines. It also provides bulk in the diet and controls the level of sugar in the blood, aiding in weight loss.

Fiber may also reduce the risk of certain diseases:

- Cancer of the breast
- Colon cancer
- Heart disease
- High blood cholesterol
- Diverticulosis and other digestive diseases
- Diabetes

Eat plenty of high fiber foods everyday!