

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

Fiber Sources in Common Foods							
Use this guide to find out if you have enough fiber in you diet.							
Food	Size of Serving	Fiber Grams/Servings	Calories/Serving	Food	Size of Serving	Fiber Grams/Servings	Calories/Serving
<b>Fruits: (raw unless otherwise noted)</b>				<b>Vegetables: (cooked, unless otherwise noted)</b>			
Apple (w/peel)	1 medium	3.7	81	Artichoke	1 globe	6.5	60
Apricots	1 cup	3.7	74	Asparagus	½ cup	1.8	25
Banana	1 medium	2.7	105	<b>Beans:</b>			
Blackberries	1 cup	7.2	75	Green (canned)	½ cup	1.3	14
Blueberries	1 cup	3.9	81	Kidney	½ cup	5.7	114
Cantaloupe	1 cup	1.3	56	Lima	½ cup	6.1	85
Grapefruit	1 medium	2.8	82	Pinto	½ cup	7.4	118
Grapes	1 cup	1.6	114	White	½ cup	5.5	122
Orange	1 medium	3.1	62	Beets	½ cup	1.6	37
Pear (with peel)	1 medium	4.0	98	Broccoli	½ 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 (raw)	½ cup	0.8	9
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)	½ cup	1.3	13
Watermelon	1 slice	0.8	51	Celery (raw)	½ cup	1.0	10
<b>GRAIN PRODUCTS AND OTHERS:</b>				Corn	½ cup	2.0	66
<b>Bread:</b>				Cucumber (raw)	½ cup	0.4	7
French	1 slice	0.8	68	Eggplant	½ cup	1.2	13
Rye	1 slice	1.6	67	Green Peas	½ cup	4.4	62
White	1 slice	0.6	67	Lettuce, iceberg (raw)	½ cup	0.4	4
Whole Wheat	1 slice	2.0	70	Onions (raw)	½ cup	1.4	30
<b>Cereal:</b>				Potato (baked with skin)	½ cup	1.5	66
Bran	1 ounce	9.7	70	Spinach	½ cup	2.7	25
Corn Flakes	1 ounce	1.0	110	Tomato	½ cup	1.0	19
Oat Bran	1 ounce	4.3	69	Zucchini	½ cup	1.3	14
Oatmeal	1 ounce	3.0	109	<b>METAMUCIL:</b>			
Shredded Wheat	1 ounce	2.8	102	Capsules	6 capsules	3.0	10
<b>Crackers:</b>				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
<b>Rice:</b>							
Brown	½ cup	1.8	108				
White	½ cup	0.3	103				
Spaghetti	2 ounces	2.1	225				
Almonds (roasted)	½ cup	6.4	351				
Peanuts (roasted)	½ cup	6.1	388				

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

