

Northwest Surgical Specialists

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Dietary Fiber Content of Common Food

What is dietary fiber?

Dietary fiber is found only in plant foods. Good sources of dietary fiber include whole grains, fruit, nuts, and seeds. However, meat, fish, poultry, eggs, dairy products, fats, oils, and sugars contain no dietary fiber.

Why should we include dietary fiber in our diets?

Dietary fiber increases stool bulk, softens stools, and stimulates the healthy movement of food through the digestive tract. Consuming high fiber foods helps prevent and treat constipation. In addition, dietary fiber can play an important role in the prevention or treatment of: Obesity, diabetes, cardiovascular disease, colon cancer, diverticular disease, and irritable bowel syndrome.

How much dietary fiber should we consume each day?

A healthy adult should consume 25-30 grams daily. The average American only consumes about 6 grams a day- well below the current recommendations.

Can problems arise from eating too much dietary fiber?

Yes. Dietary fiber, if increased suddenly, can cause gas, diarrhea, and bloating. It should be added gradually allowing time for your body to adjust to the extra fiber. For example, begin by increasing your fiber intake to 10 grams/day; allow a few days for adjustment, and then increase it by 5 grams/day. Repeat this until you reach your goal of 23-30 grams. As you add fiber to your diet, it is very important to drink plenty of fluids, at least eight glasses of water each day.

Grain Product	Amount	Fiber (g)	Calories
Bagel	1 whole bagel	2	300
Bread, White	1 slice	0	70
Bread, Whole Wheat	1 slice	2	70
Rice, Brown	1 c.	3	220
Spaghetti, Whole Wheat	1 c.	4	200
Breakfast Cereal	Amount	Fiber (g)	Calories
All-Bran	½ c.	15	105
Bran Chex	½ c.	4	130
Corn Flakes	1 c.	1	100
Fiber One	½ c	14	60
Frosted Mini Wheats	½ c	3	120
Granola	¼ c	3-6	220
Kashi Go Lean Crunch	1 c	8	190
Oatmeal	1 c	3	140
Raisin Bran	1 c	7	160
Wheaties	1 c	3	110

Bars	Amount	Fiber (g)	Calories
All Bran Fiber Bar	1	10	120
Fiber One Bar	1	9	140
Kashi TLC Granola Bar	1	4	140
Kasi Go Lean Bar	1	6	190

Crackers	Amount	Fiber (g)	Calories
All Bran Crackers	18 crackers	5	130
Saltines	8 crackers	0	100
Triscuits	7 crackers	4	140
Wheat Thin	16 crackers	2	140

Nuts and Seeds	Amount	Fiber (g)	Calories
Almonds	1 oz. (22 nuts)	3	175
Cashews	1 oz. (18 nuts)	2	160
Peanuts	1 oz.	2	180
Peanut Butter	2 Tbsp	2	190
Popcorn w Oil	2 ½ c	3	140

Fruit	Amount	Fiber (g)	Calories
Apple w skin	1 medium	3	80
Banana	1 medium	2	100
Cantaloupe	1 c	1	60
Grape	1 c	1	115
Peach w skin	1 medium	4	40
Pear w skin	1 medium	2	100
Strawberries	1 c	4	50

Vegetables	Amount	Fiber (g)	Calories
Broccoli (raw)	½ c	1	12
Carrot (raw)	1 medium	2	31
Celery (raw)	1 stalk	1	6
Corn	½ c	2	70
Green Beans	½ c	2	23
Lettuce	1 c	0	10
Potato	1 large	8	310
Spinach (cooked)	½ c	2	20
Tomato	1 medium	2	25

Legumes	Amount	Fiber (g)	Calories
Baked Beans	1	6-10	250
Black Beans	1	7	230
Lentils	1	8	220
Lima Beans	1	13	220

Example of High Fiber Meal Plan

Breakfast	1 c Kashi Go Lean, 1 c milk, 1 c strawberry
Lunch	2 slices whole wheat bread, 2 oz turkey w sprout and tomato, 1 apple, 1 c yogurt w fruit, celery sticks w peanut butter
Dinner	1 chicken breast, 1 c brown rice, ½ c broccoli, 1 whole wheat roll
Snacks	3 c popcorn, Fiber One bar, fruit. Fig Newtons