

Fiber Facts

Fiber is a carbohydrate from plants that your body cannot digest. Fiber is important for: healthy digestion and gut health, cancer prevention, heart health, diabetes prevention, weight control, and so much more!

People, including children, need about 20 to 35 grams daily for optimum health (women need 25 grams and men need 35 grams). A great way to see how much fiber is in your diet is to keep a food journal and look up how much fiber is in the foods you eat OR use an app like My Fitness Pal to calculate it for you!

Are you short on fiber? The following are great foods to add to your diet to get more fiber.

FOOD	SERVING SIZE	TOTAL FIBER (GRAMS)
- Raspberries - Pear - Apple, with skin - Banana - Orange - Strawberries - Green peas, boiled - Broccoli, boiled - Turnip greens, boiled - Brussels sprouts, boiled - Potato, with skin, baked - Sweet corn, boiled - Cauliflower, raw - Carrot, raw - Spaghetti, whole-wheat, cooked - Barley, pearled, cooked - Bran flakes - Quinoa, cooked - Oat bran muffin - Oatmeal, instant, cooked - Popcorn, air-popped - Brown rice, cooked - Bread, whole-wheat - Bread, rye - Split peas, boiled - Lentils, boiled - Black beans, boiled - Baked beans, canned - Chia seeds - Almonds - Pistachios - Sunflower kernels	1 cup 1 medium 1 medium 1 medium 1 medium 1 cup 1 cup 1 cup, chopped 1 cup 1 cup 1 medium 1 cup 1 cup, chopped 1 medium 1 cup 1 cup 3/4 cup 1 cup 1 medium 1 cup 3 cups 1 cup 1 slice 1 slice 1 cup 1 cup 1 cup 1 cup 1 ounce 1 ounce (23 nuts) 1 ounce (49 nuts) 1 ounce	8.0 5.5 4.5 3.0 3.0 3.0 9.0 5.0 5.0 4.0 4.0 3.5 2.0 1.5 6.0 6.0 5.5 5.0 5.0 5.0 3.5 3.5 2.0 2.0 16.0 15.5 15.0 10.0 10.0 3.5 3.0 3.0