

FIBER CONTENT OF COMMON FOODS

Eating foods that are higher in fiber has many health benefits. Fiber helps keep the intestinal tract in good working order by helping prevent constipation and diarrhea. Fiber is known as "THE GREAT EQUALIZER" for this reason. Fiber eases discomfort of irritable bowel syndrome and may reduce the risk of colon cancer. Fiber helps control blood sugar and may help reduce the risk of heart disease. The United States government has launched a "5-A-Day" campaign to encourage americans to eat at least five servings a day of fruits and or vegetables to increase the fiber in their diets.

Choose a fiber-rich cereal, and make it more appealing by adding fresh fruit (a good idea anyway) a handful of nuts, or even a sprinkle of sugar. Or try a sweeter-tasting cereal. Check your grocery store for the tasty whole grain brands we've listed below. Slimming cereals: If you find bran flakes too boring, try one of these higher-fiber mouth-pleasers instead. Ideally, your cereal should contain at least 7g of fiber per serving.

***10-15mg Fiber daily**

Colace - Docusate Sodium 100mg Daily

Miralax - If no BM in 1-2 days, 1-4 times daily

Dulcolax - If no BM in 3-4 days

Hemorrhoids - Sitz Baths, Hydrocortisone Cream, Preparation H/Suppositories

YOUR GOAL: AT LEAST 25 GRAMS OF FIBER EACH DAY

Food Item	Serving	Fiber	Sugars	Carbs
<u>Cereals</u>				
All Bran Buds	1/3 cup	13	6	24
Cheerios	1 1/4 cup	2.5	1	22
Corn Flakes	1 cup	0.5	1	24
Cream of Wheat(regular,uncooked)	2 1/2 tbsp	1.1	0	25
Fiber One****	1/2 cup	14	0	24
Simply Fiber****	1 cup	14	0	31
40% Bran Flakes	2/3 cup	4.3	6	24
Grapenuts	1/4 cup	2.8	3	23
Oatmeal, uncooked	1/3 cup	2.7	0	18
Product 19	1 cup	1.2	4	25
Puffed Rice	1 cup	1.2	0	13
Quaker Oat Squares	1/2 cup	2.2	0	21
Raisin Bran	3/4 cup	4 to 8	18	47
Rice Krispies	1 cup	0.3	3	29
Shredded Wheat	2/3 cup	3.5 to 6	0	32
Shredded Wheat & Bran	1 1/4 cup	8	0	47
Total, whole wheat	1 cup	2.6	5	24
Wheaties	2/3 cup	2.3	4	24
<u>Rice and Pasta</u>				
Macaroni, white, uncooked	1/2 cup	0.7	0	40
Macaroni, wheat, cooked	1/2 cup	4	0	37
Popcorn, popped	3 cups	2	tr	16
Rice, white, cooked	1/3 cup	0.5	0	15
Rice, wild, cooked	1/3 cup	0.4	2	11
<u>Bread and Crackers</u>				
Bagel, Plain	1/2 bagel	0.7	0	19
Bread, Bran	1 Slice	3	1	9
French	1 Slice	0.9	2	12
Seven Grain Light	1 Slice	3	1	7
Rye	1 Slice	2	0	16
White	1 Slice	2	0	16
Whole Wheat	1 Slice	2	2	11
Graham Crackers	2 Whole	1.4	8	25
Wheat thins	6 Crackers	2.2	3	21

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Food Item	Serving	Fiber	Sugars	Carbs
<u>Fruits</u>				
Apple, red with skin	1 small	2.8	0	21
Applesauce, sweetened	1/2 cup	2	0	25
Banana, fresh	1/2 cup	2	0	27
Blueberries, fresh	1/2 small	4	8	12
Figs, dried	3/4 cup	3	0	24
Fruit Cocktail, canned	2 cups	1	23	24
Grapefruit, fresh	1/2 cup	1.6	0	10
Grapes, fresh red with skin	1/2 medium	0.4	0	9
Melon, Cantaloupe	1 cup cubed	1.1	0	13
Orange, fresh	1 small	2.9	0	13
Pear, fresh with skin	1/2 large	4	0	25
Prunes, dried	3 medium	1.7	0	21
Raisins	1 Tbsp	1	0	7
Raspberries, fresh	1 cup	3.3	0	14
Strawberries, fresh	1 1/4 cup	4	0	10
Watermelon	1 cup	1	0	11
<u>Vegetables</u>				
Broccoli, cooked	1/2 cup	2	2	7
Brussels sprouts, cooked	1/2 cup	3.8	0	7
Cabbage, cooked	2/3 cup	3	0	3
Carrots, fresh	1 (7 1/2" long)	2.3	0	7
Cauliflower, cooked	1/2 cup	1	0	3
Corn on the cob	1 medium ear	5	0	24
Cucumber, fresh	1 cup	0.5	0	38
Green beans, canned	1/2 cup	2	0	3
Lettuce, iceberg	1 cup	0.5	0	tr
Peas, green, canned	1/2 cup	4	6	11
Potato, sweet, fresh	1/3 cup	2.7	0	28
Potato, Idaho	1 small	4.2	0	27
<u>Legumes</u>				
Black-eyed Peas, canned	1/2 cup	4.7	0	18
Butter beans, dried, cooked	1/2 cup	6.9	1	16
Chick Peas, dried, cooked	1/2 cup	8	0	8
Kidney Beans, cooked	1/2 cup	6.9	0	20
Lentils, dried, cooked	1/2 cup	5.2	0	16
Navy Beans, dried, cooked	1/2 cup	6.5	tr	19
Pinto Beans, cooked	1/2 cup	9.4	1	20
White Beans, Northern, canned	1/2 cup	7.2	0	20
<u>Or</u>				
Almonds	6 whole	0.6	0	1
Hazelnuts	1 tbsp	0.5	0	1
Peanut Butter, smooth	1 tbsp	1	0	3.5
Peanuts, roasted	10 large	0.6	0	1
Sunflower Seeds	1 tbsp	0.5	0	10
Walnuts	2 whole	0.3	0	2

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