

HIGH FIBER DIET

Fiber is a substance found in some fruits, vegetables and grains that affect how you digest foods. There are two types of dietary fiber, "soluble fiber" and "insoluble fiber." Both can help improve bowel movements by making them softer and more regular. Dietary fiber is often used to treat conditions including constipation, diarrhea, hemorrhoids, stool incontinence, and even cholesterol. The recommended amount of fiber is 20 to 38 grams per day (21 to 25 grams for women; 30 to 38 grams for men).

Fruits	Serving size	Total fiber (gms)	Vegetables	Serving size	Total fiber (gms)
Bananas	1 medium	3.0	Green peas, boiled	1 cup	9.0
Strawberries	1 cup	3.0	Broccoli, boiled	1 cup	5.0
Raspberries	1 cup	8.0	Turnip greens, boiled	1 cup	5.0
Pear	1 medium	5.5	Brussel sprouts, boiled	1 cup	4.0
Apple, with skin	1 medium	4.5	Potato with skin, baked	1 medium	4.0
Peach, with skin	1 medium	2.2	Sweet corn, boiled	1 cup	3.5
Orange	1 medium	3.0	Cauliflower, raw	1 cup	2.0
Avocado	1 cup	10.0	Collards	1 cup	7.6

Grains	Serving size	Total fiber (gms)	Legumes, nuts, & seeds	Serving size	Total fiber (gms)
Spaghetti, whole-wheat	1 cup	6.0	Split peas, boiled	1 cup	16.0
Barley, pearled, cooked	1 cup	6.0	Lentils, boiled	1 cup	15.5
Bran flakes	¾ cup	5.5	Black beans, boiled	1 cup	15.0
Quinoa, cooked	1 cup	5.0	Baked beans, canned	1 cup	10.0
Oat bran muffin	1 medium	5.0	Chia seeds	1 ounce	10.0
Oatmeal, instant	1 cup	5.0	Almonds	23 nuts	3.5
Brown rice	1 cup	3.5	Pistachios	49 nuts	3.0
Bread, whole-wheat	1 slice	2.0	Sunflower kernels	1 ounce	3.0
Bread, rye	1 slice	2.0	Pumpkin seeds	1 ounce	5.2