



**HIGH-FIBER FOODS**

Looking to add more fiber to your diet? Fiber-along with adequate fluid intake-moves quickly and relatively easily through our digestive tract and helps it function properly. A high-fiber diet may also help reduce the risk of heart disease and diabetes.

Here’s a look at the fiber content of some common foods. Read nutrition labels to find out exactly how much fiber is in your favorite foods. Women should try to eat at least 21 to 25 grams of fiber a day, as men should aim for 30 to 38 grams a day.

<b>FRUITS</b>	<b>SERVING SIZE</b>	<b>TOTAL FIBER (grams)</b>
Raspberries	1 cup	8.0
Pear, with skin	1 medium	5.5
Apple, with skin	1 medium	4.4
Strawberries (halves)	1 ¼ cup	3.8
Banana	1 medium	3.1
Orange	1 medium	3.1
Figs, dried	2 medium	1.6
Raisins	2 tablespoons	1.0
<b>GRAINS, CEREAL &amp; PASTA</b>		
Spaghetti, whole wheat, cooked	1 cup	6.2
Barley, pearled, cooked	1 cup	6.0
Bran flakes	¾ cup	5.3
Oat bran muffin	1 medium	5.2
Oatmeal, quick, regular or instant, cooked	1 cup	4.0
Popcorn, air-popped	3 cups	3.5
Brown rice, cooked	1 cup	3.5
Bread, rye	1 slice	1.9
Bread, whole wheat or multigrain	1 slice	1.9
<b>LEGUMES, NUTS &amp; SEEDS</b>		
Split peas, cooked	1 cup	16.3
Lentils, cooked	1 cup	15.6
Black beans, cooked	1 cup	15.0
Lima beans, cooked	1 cup	13.2
Baked beans, vegetarian, canned, cooked	1 cup	10.4
Sunflower seeds kernels	¼ cup	3.9
Almonds	1 ounce (23 nuts)	3.5
Pistachio nuts	1 ounce (49 nuts)	2.9
Pecans	1 ounce (19 halves)	2.7
<b>VEGETABLES</b>		
Artichokes, cooked	1 medium	10.3
Peas, cooked	1 cup	8.8
Broccoli, boiled	1 cup	5.1
Turnip greens, boiled	1 cup	5.0
Sweet corn, cooked	1 cup	4.2
Brussel sprouts, cooked	1 cup	4.1
Potato, with skin, baked	1 medium	2.9
Tomato paste	¼ cup	2.7
Carrots, raw	1 medium	1.7

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