

# Fiber

RDA Fiber (grams)	
Female	Male
21-25 grams	30-38 grams

*Fiber has been shown to have a wide range of health advantages. Foods that are high in fiber can help in the treatment of constipation, hemorrhoids and irritable bowel syndrome. Dietary fiber helps lower your cholesterol. It reduces your risk of coronary heart disease, type 2 diabetes and certain types of cancer. Eating fiber-rich foods aids in digestion, the absorption of nutrients and helps you to feel fuller longer after a meal (which helps curb overeating and thus weight gain).*

Foods Rich in Fiber			
			Fiber (grams)
Vegetables	Sweet potato	1 med	5
	Green peas	½ cup	4.5
	Broccoli	1 cup	4
	Spinach	½ cup	3.5
Fruit	Pear, with skin	1 med	5.5
	Apple, with skin	1 med	4.5
	Raspberries, blackberries	½ cup	4
	Prunes	½ cup	4
	Oranges	1 med	3
	Strawberries	½ cup	1.5

## Fruits and Vegetables

Choose at least 7 fresh fruits and vegetables per day (or 2 cups of fruit and 2 ½ cups of vegetables per day).

Eat whole fruits instead of drinking fruit juices.

Grains	Whole wheat spaghetti, cooked	1 cup	6.5
	Brown rice, cooked	1 cup	3.5
	Popcorn, air-popped	3 cups	3.5
	Oat bran muffin	1 med	5
	100% whole wheat bread	1 slice	2
	Mini-Wheats cereal	1 cup	6
	Oatmeal, cooked	1 cup	4

## Whole Grains

Choose at least 3 whole grains per day such as breads, cereals and crackers (with at least 5 grams of fiber per serving.)

Beans	Beans, cooked -black, kidney, pinto	½ cup	8
	Beans, cooked -lima, white	½ cup	6
Nuts	Almonds	1 oz	3.5
	Pistachios, pecans	1 oz	3

## Start slowly.

When you first add fiber to your diet you may notice bloating, cramping or gas. Increase your consumption of fiber-rich foods slowly, by adding one serving to each meal until you reach your goal. Choose a variety of food options.

## Drink more fluids.

Be sure to drink more fluids when you increase the amount of fiber you eat. Liquids help your body digest fiber. Try to drink 8 glasses of water or low-calorie beverages every day. Avoid carbonated beverages.

## Foods that contain very little fiber

- White bread, pasta, white rice
- Chicken, beef, cheese
- Cucumber, grapes
- Peanuts, walnuts