

# HIGH FIBER FOODS

## Recommended Daily Fiber Intake

	gm		gm
1-3 yrs. old	19	Female (9-13 yrs. Old)	26
4-8 yrs. old	25	(14-18 yrs. Old)	36
Male (9-13 yrs. Old)	31	(19-50 yrs. old)	25
(14-50 yrs. Old)	38	(Over 50 yrs. Old)	21
(Over 50 yrs. Old)	30	Pregnant women	28
		Breastfeeding women	29

Food	Serving size	Fiber (gm)
Apple with skin	1 (medium)	3.7
Orange	1 (medium)	3.1
Pear with skin	1 (medium)	4.4
Dried Fruits		
Apricots	1 apricot	0.8
Dates	1 date	0.6
Figs	1 fig	2.3
Prunes	1 prune	0.6
Raisins	¼ cup	2.0
Broccoli	½ cup (cooked)	5.2
Carrot	½ cup (cooked)	2.6
Sweet Potato	1 cup (cooked)	5.9
Corn	1 cup (cooked)	4.6
Green Peas	1 cup (cooked)	8.8
Dried Beans and Peas	½ cup (cooked)	5-7
Brown Rice	1 cup (cooked)	3.5
Bran Cereal – wheat bran, oat bran, rice bran	½ cup	9.9
Whole Wheat Bread	1 slice	1.9
Wheat Germ	¼ cup	4.0
Nuts – almonds, peanuts, pistachio (High in fat, use in moderation)	1 oz	2.3-3.3

Fiber is part of the plant, which cannot be digested by our body. Fiber helps to relief constipation by attracting more water into the intestines. It also provides bulk in the diet.

Fiber may also reduce the risk of certain diseases:

- Cancer of the breast and colon
- Heart disease
- High blood cholesterol
- Diverticulosis
- Diabetes

Eat plenty of high fiber foods everyday!