

Fiber Content of Foods

Depending on your dietary needs or any side effects you may be experiencing from treatment, your physician may put you on a low or high fiber diet. The information in this document will help you know the fiber content and serving size of various foods.

Foods With 1 - 3 Grams of Fiber Per Serving

Grains

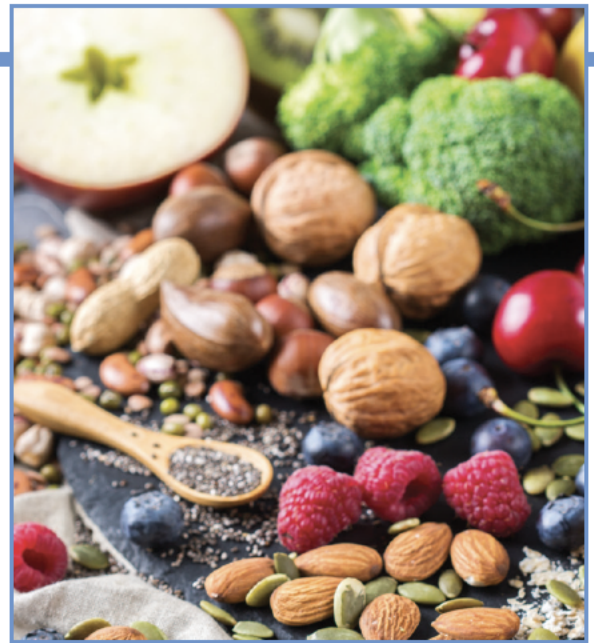
- 1 bagel (3.5 inch diameter)
- 1 slice whole wheat, cracked wheat, pumpernickel or rye bread
- 2-inch square cornbread
- 4 whole wheat crackers
- 1 bran, blueberry, cornmeal or English muffin
- ½ cup cereal with 1-3 grams fiber per serving (dietary fiber is listed on Nutrition Facts label)
- 2 tablespoons bran, rice, wheat cereal
- 2 tablespoons wheat germ or whole wheat flour

Vegetables

- ½ cup bean sprouts (raw)
- ½ cup beets (diced, canned)
- ½ cup broccoli, Brussels sprouts or cabbage (cooked)
- ½ cup carrots, corn, eggplant, sweet potatoes or yams
- ½ cup cauliflower
- ½ cup okra (boiled)
- ½ cup spinach, kale, or turnip greens (cooked)
- ½ cup squash-winter, summer or zucchini (cooked)
- ½ cup tomatoes (canned)

Fruits

- 1 apple (3-inch diameter) or ½ cup applesauce
- ½ cup apricots (canned)
- 1 banana, kiwi, or tangerine
- ½ cup cherries (canned or fresh)
- ½ cup cranberries (fresh)
- 3 dates (whole)
- 2 medium figs (fresh)
- ½ fruit cocktail (fresh)
- ½ grapefruit
- 1 orange (2 1/2-inch diameter)
- 1 peach (fresh) or ½ cup peaches (canned)
- 1 pear (fresh) or ½ cup pears (canned)
- 1 plum (2-inch diameter)
- ¼ cup raisins
- ½ cup strawberries (fresh)



Fiber Rich Foods

Other Foods with 1-3 Grams of Fiber per Serving

- 2 tablespoons almonds or peanuts
- 1 cup popcorn (popped)

Foods With at Least 4 Grams of Fiber Per Serving

Grains

- ⅓ cup – ½ cup high fiber cereal. Choose products with 4 grams or more of dietary fiber.

Dried Beans and Peas

- ½ cup cooked red beans, kidney beans, large lima beans, navy beans, pinto beans, white beans, lentils or black-eyed peas

Vegetables

- 1 artichoke (cooked)

Fruits

- ½ cup blackberries or raspberries, 4 prunes (dried)

Please be mindful of any food allergies or intolerances you may have before consuming any of the recipes in this document.

Constipation Sample 1 Day Menu

Breakfast

- ½ cup bran cereal
- 1/8 cup raisins
- 1 cup fat-free milk
- ½ cup orange juice with pulp
- 1 cup coffee or tea

Lunch

- 1 cup chili made with ½ cup beans per serving
- ¼ cup soy crumbles
- 2 tablespoons shredded cheese
- 8 wheat crackers
- 1 fresh apple, with skin
- 2 cups water or sugar free beverage

Afternoon Snack

- 8 ounce yogurt with fruit or granola
- 2 cups water

Evening Meal

- 2 cups mixed vegetables
- 2 ounce sliced chicken
- 1 ounce firm tofu
- ½ cup brown rice
- ¼ cup raspberries
- ¼ cup fresh blueberries
- ¼ cup sliced bananas
- 1 cup unsweetened tea hot or iced

Evening Snack

- 2 tablespoons almonds
- 1 cup hot chocolate or tea

Recipes with 4 Grams of Fiber or More:

Yogurt Parfait

Ingredients:

- ½ cup plain nonfat or low fat yogurt
- 2 teaspoons honey
- ¼ cup mixed chopped dried fruit; raisins, apricots and sweetened cranberries
- ½ cup of granola



Yogurt Parfait

Directions for yogurt parfait:

In a bowl combine the yogurt and honey. Transfer to a dessert bowl and layer with yogurt, fruit and granola.

Yield: 1 serving

Nutrition information per serving: 335 calories, 4 grams fiber, 14 grams protein

Pasta Salad

Ingredients:

- 12 oz. whole wheat elbow pasta
- 2 - 3 cups raw small broccoli florets
- 1 (15 oz) can great northern beans, rinsed and drained
- ¼ cup onion, diced
- 2 carrots, sliced into thin rounds or small strips
- 1 bell pepper (any color), seeded and chopped
- 1 - 1 ½ cups Italian salad dressing

Directions:

Cook pasta according to package directions. During last 3 minutes of cooking, add broccoli to pot, then drain and rinse with cold water.

In large bowl, mix together beans, onion, bell pepper, carrots, and mix in drained pasta mixture and 1 cup of dressing. Stir, add more dressing if needed. Season with any preferred spices.

Yield: 12 (1 cup) servings

Nutrition information per serving: 180 calories, 5 grams of fiber, 6 grams protein