



# High Fiber Diet

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## 5 grams fiber

- Baked beans ½ cup
- Baked potato (eat the skin)
- Corn bran cereal, Quaker
- Beans -½ cup Kidney beans, Lentils, Pinto beans, Split peas
- Lima beans and corn
- Peas ½ cup
- Raisin Bran Cereal

## 4 grams fiber

- Almonds ¼ cup
- Bran cereal
- Oatmeal
- Popcorn
- Triscuits
- Wheat pita
- Winter squash

## 3 grams fiber

- Apple, with skin
- Banana
- Berries - 1 cup
- Cheerios
- Corn tortilla
- Kiwi
- Oatmeal bar, Quaker
- Peanuts ¼ cup
- Pear - ½
- Prunes - ¼ cup
- Sweet potato

## 2 grams fiber

- Bread - whole wheat, 1 slice
- Brown rice ½ cup
- Campbells Vegetable Soup
- Celery 1 cup
- Eggo waffle
- Nature Valley Trail mix bar
- Peach
- Peanut butter
- Raisins, ¼ cup
- VEGETABLES - ½ cup  
cooked corn, green beans, broccoli

### **1 gram fiber**

- Applesauce
- Bagel, ½
- Couscous ½ cup
- Fig Newton
- Froot Loops cereal
- Graham Crackers
- Kraft Mac and Cheese
- Lettuce
- Lucky Charms cereal
- Noodles 1 cup
- Spinach
- Tofu ½ cup

- Tomato
- Tortilla (flour)
- Watermelon 1 cup
- Wheat Thins crackers
- White Pita
- White rice, 1 cup

### **0 gram fiber**

- Cheezits
- Goldfish crackers
- Rice Krispies
- Ritz crackers

Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

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