



Child and Adolescent Health Specialists, PC

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FIBER

Fiber is the structural part of plant food – fruits, vegetables, whole grains, and legumes that we are not able to digest or break down in our digestive system. Dietary fiber increases the weight and size of your stool and softens it.

It is important to consume high fiber foods in your diet every day and ensure adequate intake of fluids as well. Adults should consume 25-35 grams per day of dietary fiber. Children over 2 years of age should consume an amount equal to or greater than their age + 5 grams per day of dietary fiber. For example, a 7-year-old child should consume 12 grams per day.

Try:

Whole wheat bread or rolls
 Brown rice
 Baked potato with the skin
 Unpeeled apple (or applesauce with skin left on)
 Whole grain cereals
 Popcorn
 Wheat or oat bran

Instead of:

White bread
 White rice
 Mashed potato
 Traditional applesauce
 Processed cereals
 Potato chips
 Bread crumbs

<u>Breads/Cereals/Grains</u>	<u>Serving</u>	<u>Fiber</u> (grams)
Fiber One	1/2 cup	13
Kellogg's All Bran	1/3 cup	9
Nabisco 100% Bran	1/2 cup	10
Kellogg's Raisin Bran	3/4 cup	4
Kellogg's Bran Flakes	2/3 cup	4
Ralston MultiBran Chex	2/3 cup	4
Quaker Corn Bran	2/3 cup	5
Hodgson Miller's Bran	1/2 cup	12-13
White bread	1 slice	0.7
Whole wheat bread	1 slice	2
Graham crackers	2 squares	0.5
Brown rice, cooked	1/3 cup	1.6
White rice, cooked	1/3 cup	0.5
Popcorn	2 cups	2

<u>Nuts</u>	<u>Serving</u>	<u>Fiber</u> (grams)
Almonds	2 TBSP	2.2
Peanuts	2 TBSP	1.5
Walnuts	2 TBSP	0.8

<u>Fiber Supplements</u>	<u>Serving</u>	<u>Fiber</u> (grams)
Metamucil Original Texture	1 TBSP	3.4
Metamucil Sunrise Smooth	1 TBSP	3.4
Metamucil Fiber Wafers	2 wafers	3.4
Citrucel	1 TBSP	2

<u>Fruits</u>	<u>Serving</u>	<u>Fiber</u> (grams)
Apple, with skin	1 medium	2.5
Banana	1 medium	1.5
Cantaloupe	1 cup	0.5
Grapes	1 cup	2.5
Orange	1 small	2.0
Pear, with skin	1 medium	4.0
Strawberries	1 cup	2.5
Watermelon	1 cup	0.5
Dried prunes	1/4 cup	5
Raisins	2 TBSP	1

<u>Vegetables</u>	<u>Serving</u>	<u>Fiber</u> (grams)
Beans, baked	1/2 cup	7
Beans, green	1/2 cup	2
Broccoli	1/2 cup	3.5
Carrots	1/2 cup	2
Celery	1/2 cup	1
Corn	1/2 cup	3
Lentils	1/2 cup	2
Lettuce	1 cup	0.8
Peas	1/2 cup	4
Potato with skin	1 medium	4