# Figh Fiber Diet Foods

		Dietary		
	Serving	Fiber		Serving
T-ruit	Size	(grams)	Vegetables	Size
pple,			Asparagus	1/2 cup
nned, peeled	1/2 cup	2.1	Bean sprouts, raw	1/2 cup
pple,			Beans,	
raw with skins	1 large	4.0	green, cooked	1/2 cup
pple juice	1/2 cup	0.0	Beets, cooked	1/2 cup
pricots, canned	1/2 cup	2.1	Broccoli, cooked	1/2 cup
pricots,		CHIEF .	Brussels sprouts,	
raw with skins	2	1.4	cooked	1/2 cup
ananas	1 med	3.0	Cabbage, cooked	1/2 cup
lackberries, raw	1/2 cup	5.0	Carrots, raw	1/2 cup
herries, raw	10 large	1.1	Cauliflower, cooked	1/2 cup
herries, cooked	1/2 cup	1.0	Celery, raw	1/2 cup
ranberries, raw	1/2 cup	4.0	Corn, fresh	1 med ear
ates, dried	2	1.6	Cucumber, raw	1/2 cup
gs, dried	1 med	3.7	Kale, cooked	1/2 cup
rapefruit, raw	1/2	0.8	Lettuce	1 cup
rapes, purple	15	0.5	Mushrooms, raw	1/2 cup
elon	1 cup	1.5	Mustard greens, raw	1/2 cup
ectarine,	1		Okra, raw	1/2 cup
aw with skin	1 small	1.5	Onion, raw	1/2 cup
range, raw	1 small	1.6	Peas, canned	1/2 cup
each, canned	1/2 cup	1.8	Pepper, green, raw	1/2 cup
ach,			Potato,	and the second
aw with skin	1 med	2.3	baked with skin	1 med
ear, canned	1/2 cup	2.0	Radishes, raw	1/2 cup
ear, raw with skin	1 med	4.0	Spinach, cooked	1/2 cup
neapple, raw	1/2 cup	0.8	Squash, summer,	10.50
ums, canned	4 small	1.9	cooked	1/2 cup
ums,	380		Squash, winter,	
raw with skin	3 small	1.8	cooked	1/2 cup
unes, dried	2	2.4	Sweet Potato,	
nisins	2 Tbsp	1.5	cooked	1/2 med
aspberries, raw	1/2 cup	4.6	Tomato, cooked	1/2 cup
rawberries, raw	1/2 cup	1.6	Tomato, raw	1 small
ingerine, raw	1 large	2.0	Turnip, cooked	1/2 cup
	1		Yam, cooked	1/2 cup
	1		Zucchini, raw	1/2 cup
	1			

Breads & Cereals	Serving Size	Dietary Fiber (grams)	Breads & Cereals (cont)	Serving Size	Dieta Fibe (gram
Breads:			Oats, whole, dry	1/4 cup	2.9
Cornbread	1 square	1.1	Puffed Wheat	1 cup	4.5
French	1 slice	0.7	Shredded Wheat	1 biscuit	2.8
Pumpernickel	1 slice	1.9	Total	1 cup	3.3
Rye	1 slice	0.8	Unprocessed Bran	1 tsp	2.0
White	1 slice	0.7	Wheat Chex	1 cup	3.0
Whole grain	1 slice	2.1	Wheaties	1 cup	3.5
Whole wheat	1 slice	1.3	Legumes, cooked:		
Rolls:			Beans, brown	1/2 cup	8.4
Dinner, white	1 roll	0.8	Beans, kidney	1/2 cup	9.7
Whole wheat	1 roll	1.6	Beans, lima	1/2 cup	8.3
Pasta:			Beans, pinto	1/2 cup	8.9
Macaroni, cooked	1/2 cup	0.6	Beans, white	1/2 cup	7.9
Spaghetti, cooked	1/2 cup	0.8	Lentils, cooked	1/2 cup	3.7
Rice, brown, cook	ed 1/2 cup	2.4	** NT 4		
Rice, white, cooke	d 1/2 cup	0.8	Nuts:	1.771	
6			Almonds	1 Tbsp	1.1
Cereals:		0.4	Chestnuts	3 nuts	
100% All Bran	1/3 cup	8.4	Peanuts, roasted	1 Tbsp	0.8
40% Bran Flakes	1 cup	6.0	Pecans	1 Tbsp	0.5
Bran Chex	1 cup	8.2	Walnuts	1 Tbsp	0.4
Cheerios	1 cup	1.6	Snack Foods:		
Corn Bran	1 cup	8.8	Cracker, graham	2 squares	1.4
Corn Chex	1 cup	3.5	Cracker, rye wafer	3 wafers	2.3
Cornflakes	1 cup	3.5	Cracker, saltine	6 crackers	0.8
Grapenuts	1/3 cup	5.4	Popcorn, popped	3 cups	3.0
Oatmeal,			ropcorn, popped	5 cups	3.0
instant, dry	1 package	3.3			1

Meats, fish, poultry, fats and dairy products are not listed as they do not contain dietary fiber, but are an important part of a nutritionally balanced diet. Amount of dietary fiber adapted from: Plant Fiber in Foods, James Anderson, M.D., Published by the HCF Diabetes Research Foundation, Inc.

Provided as a service by
AstraZeneca





# The Importance of Fiber in Your Diet



# Tips For Choosing Foods

Khaldoun A Debian, M.D.

1140 W. La Veta Ave. #600 Orange, CA 92868

Tel: 714-542-5288

Fax: 714-542-3778

#### Adding Fiber

Fiber is the part of plant food that is not broken down or digested in our bodies. "Roughage" is another term often used. It is found in the structural part of plants—the skin, roots, stems, leaves and seeds.

## There are some major benefits to using more fiber in our diets. These include:

- A full and satisfied feeling that helps to control our appetites and helps with weight loss.
- High fiber foods are many times lower in calories, another benefit for those losing weight or keeping it off.
- Bowel regularity is improved. In addition to feeling more comfortable, the risks of colon cancer may be reduced.
- Certain types of fiber, especially those found in oat bran, some fruits (such as apple and oranges) dry beans, peas and legumes, slow down how fast glucose is absorbed in the body. This type of fiber may have an effect on lowering blood glucose levels.
- Yet another benefit may be a decrease in blood cholesterol and triglycerides, the blood fats that increase risks for heart disease.

How much fiber should we eat? Most people get 10 to 15 grams per day. We recommend increasing this to 25 to 40 grams per day

To get more fiber use whole grains, cereals and breads, vegetables, dried peas and beans and fruits. (There is no fiber in dairy products, meats, fish, poultry or fats.)

#### High Fiber Diet

**Rationale:** To provide a diet, which increases the intake of bulk and fiber. A high fiber diet helps to prevent constipation and may be beneficial in reducing risk of colon cancer and lowering blood cholesterol.

**Description:** The term fiber is used to define the part of plants that is not digested by human enzymes or absorbed by the human gastrointestinal tract. These include cellulose, hemicellulose, mucilages, pectins and gums lignin.

A high fiber diet is a normal diet altered to minimize the intake of refined foods and to encourage the consumption of whole grains, legumes, nuts, fresh fruits and vegetables.

The fiber content of the diet should be increased gradually so the gastrointestinal tract can adjust to the change. Increased fiber intake may initially cause gas and abdominal distention. Increasing fiber intake gradually, in small amounts, can reduce these symptoms and promote tolerance to the diet.

The ideal fiber intake has not been defined, but estimates range from 25 to 50 grams per day. Fiber from a variety of sources is the most beneficial.

Adequacy: This diet will meet the nutrition needs as recommended by the Food and Nutrition Board of the National Research Council.

#### Recommendations:

- Eat a wide variety of vegetables, fruits, grains and legumes on a regular basis. Keep them in their natural (unprocessed) form and leave the seeds and skins intact.
- Choose whole–grain breads and cereals. Decrease your consumption of refined crackers, breads and cereals. Read food labels carefully and look for whole–grain (not white) flour as the first item on the ingredients list.
- Sprinkle cereal mixtures on cottage cheese, yogurt, fruits or mix them in with cooked cereals, juices, soups, or stews.
- 4. Dried beans, peas, and lentils are excellent sources of fiber and can be used in a wide variety of dishes.
- Select snacks which are high in fiber such as fresh fruits and vegetables, popcorn, dried fruits, raisins and whole grain crackers.

# 3 Day Diet Diary

### **D**

Food	Serving	Grams of
Item	Size	Fiber

Dai	31	10	10	Ы
2 011	2	ce		٠.

Grams of

Fiber

Food	Serving	Grams of
Item	Size	Fiber

Day 3

Day 2

Serving

Size

Food

Item

Daily Total: Daily Total: