

SAMPLE SOURCES OF FIBER

Colorectal Surgery Services

Vegetables & Beans	Serving	Grams per serving
Asparagus	½ cup	1.4
Green beans	½ cup	2
Kidney beans, cooked	1 cup	13.33
Black beans, cooked	1 cup	14.92
Garbanzo beans, cooked	1 cup	5.80
Lentils, red cooked	1 cup	15.64
Lima beans, cooked	1 cup	13.16
Beets, cooked	1 cup	2.85
Beet greens	1 cup	4.20
Broccoli	½ cup	2.5
Brussel sprouts	½ cup	3.5
Cabbage, cooked	1 cup	4.20
Cauliflower, cooked	1 cup	3.43
Carrots	½ cup	2.5
Celery	1 stalk	1.02
Cole slaw	1 cup	4.00
Collard greens, cooked	1 cup	2.58
Corn	½ cup	3.0
Green peas	½ cup	3.5
Lettuce	½ cup	0.5
Kale, cooked	1 cup	7.20
Onions, raw	1 cup	2.88
Pinto Beans	½ cup	7.4
Potato (with skin)	½ cup	2.0
Spinach	½ cup	2.9
Peppers, sweet	1 cup	2.62
Spinach, cooked	1 cup	4.32
Summer squash, cooked	1 cup	2.52
Sweet potato, cooked	1 cup	5.94
Swiss chard, cooked	1 cup	3.68
Tomato	1 medium	1.00
Winter squash, cooked	1 cup	5.74
Zucchini, cooked	1 cup	2.63
Fruits	Serving	Grams per serving
Apples	1 medium	2.5
Apples with skin	1 medium	5.00
Apricot	3 medium	0.98
Apricots, dried	5 pieces	2.89
Avocado (fruit)	1 medium	11.84
Banana	1	2.0
Blackberries	1 cup	2.0
Blueberries	1 cup	4.18
Cantaloupe	1 wedge	1.0
Dry Figs	3.5 ounces	18
Grape fruit	medium	3.5
Grapes	1 cup	1
Orange	1 medium	3

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SAMPLE SOURCES OF FIBER (continued)

Fruits (continued)	Serving	Grams per serving
Peach	1 medium	2.00
Peaches, dried	3 pieces	3.18
Pear with skin	medium	5.1
Prunes	1 cup	13.5
Plum	1 medium	1.00
Raisins	1.5 oz box	1.60
Raspberries	1 cup	6.0
Strawberries	1 cup	3.98

Cereal, grains, pasta	Serving	Grams per serving
Bread, white	1 slice	0.5
Bread, whole wheat	1 slice	2.0
Kellogg's All-Bran®	1 ounce	9-14
General Mills Fiber®	1 ounce	12
Kellogg's Bran Flakes®	1 ounce	4
Cereal, Cornflakes®	1 ounce	0.5
Cereal, oat bran	1 ounce	4
Shredded wheat	1 ounce	2.5
Crackers, Graham®	4 squares	1
Crackers, Saltine®	10 regular	1
Rice, dry brown	½ cup	5
Rice, white	½ cup	1.5
Spaghetti	2 ounces	2.5
Bran cereal	1 cup	19.94
Oats, rolled dry	1 cup	12.00
Pasta, whole wheat	1 cup	6.34
Whole-wheat spaghetti,	1 cup	6.3
Oat bran muffin	medium	5.2
Oatmeal	1 cup	4.0

Fiber Supplements	Serving	Grams per serving
Metamucil®	1 tsp	3.4
PerDiem®	1 tsp	4.0
Konsyl®	1 tsp	6

Nuts & Seeds	Serving	Grams per serving
Almonds	1 oz	4.22
Cashews	1 oz	1.00
Flax seeds	3 tbs	6.97
Peanuts	1 oz	2.30
Pistachio nuts	1 oz	3.10
Popcorn, air-popped,	2 cups	2.3
Pumpkin seeds	1/4 cup	4.12
Soybeans, cooked	1 cup	7.62
Sunflower seeds	1/4 cup	3.00
Walnuts	1 oz	3.08

The average American diet contains only 10 - 20 grams of fiber. The goal is 30 - 35 grams of fiber per day. The best way to achieve this is to eat lots of fruits and vegetables. You can use ones from the list above or other foods with high fiber content. Drink lots of fluids while on this diet.

Remember to follow the instructions given to you and see your physician or nurse as scheduled. These written instructions **do not** replace a discussion with your doctor or nurse. You may get other instructions. Feel free to ask questions, come back for a visit or call if you are unclear about your diagnosis or treatment plan.

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