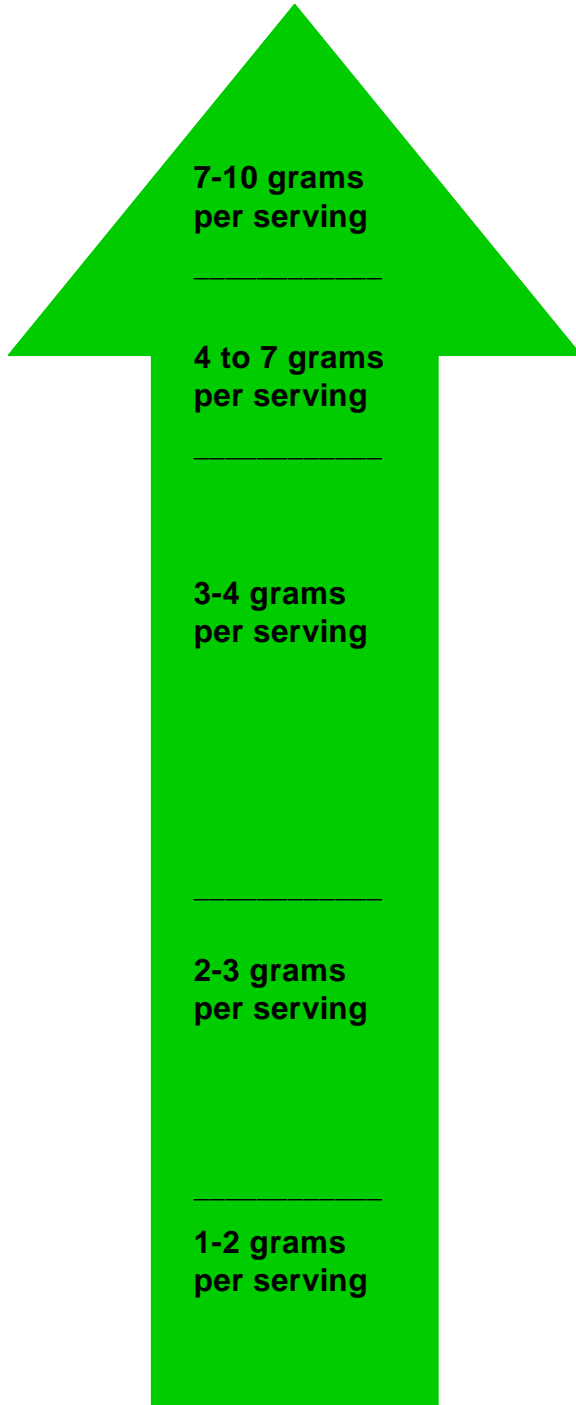


Raise Your Fiber

Amount of Fiber

Food Sources



• Cooked or canned dry beans like pinto, kidney, and black beans-1/2 cup

• Bran cereals-1 cup

• Fresh pear-1

• Green peas or mixed vegetables- 1/2 cup cooked

• Barley-1/2 cup cooked

• Whole wheat pasta-1/2 cup

• Sweet potato-1 medium

• White potato-1 medium

• Spinach-1/2 cup cooked

• Orange-1

• Banana - 1 medium

• Apple-1 medium

• Strawberries-1 cup

• Carrot- 1 raw

• Broccoli-1/2 cup cooked

• Whole wheat bread-1 slice

• Oatmeal- 1/2 cup cooked

• Mango or papaya-1/2 cup

• Tomato-1/2 cup or 1 medium

• Brown rice-1/2 cup cooked

• Melon-1 cup pieces