The average American consumes $<14 \mathrm{~g}$ of fibera day. Current rec ommendations suggest a daily fiber intake of 25 - $\mathbf{3 5}$ grams. Fiber helps reduce cholesterol, blood sugar, constipation and risk of colon Cancer. Compare your diet to the chart below to see if you are getting your fiber fill! Dietary Fiber Chart

## Food

## Cereals

All Bran (1/2 cup)
Bran Buds
40\% Bran Fakes (1/2 cup)
Brown rice, cooked (1/2 cup)
Com Bran ( $1 / 2$ cup)
Com Fakes (1/2 cup)
Fiber One (1/2 cup)
Grapenut ( $1 / 2$ cup)
Miller's unproc essed bran (1 oz.) (sprinkle on food or mix w/juice)
Nutrigrain wheat (1/2 cup)
Oat Bran, cooked (1/2 cup)
Oatmeal, cooked (1/2 cup)
Rice Krispies (1/2 cup)
Shredded Wheat, 1 bisc uit
Special K ( $1 / 2$ cup)
Wheaties (1/2 cup)
Wheat Chex (1/2 cup)

## Breads (1 slice) \& Grains

Pumpemickel
Rye, no seeds
Rye Krisp Crackers (2)
White Bread
Whole Wheat
Bulgar, Barley, Rice, cooked (1 cup)
Popcom (2 cups)

## Nuts

Sunflower Seeds (1 tbsp.)
Soybean nuts (1 oz.)
Peanuts, w/ skin (1 oz.)
Peanuts, w/ o skin (1 oz.)
Food
DietaryFiber(g)
Vegetables
DietaryFiber(g)
13.2 (raw, except as noted)
12.0 Beans, green, canned (1/2 cup) ..... 1.8
2.6 Beans, kidney, canned (1/2 cup) ..... 5.8
1.7 Beans, lima, cooked (1/2 cup) ..... 3.1
4.0 Beans, pinto, canned ( $1 / 2$ cup) ..... 5.7
1.4 Broccoli (1/2 cup) ..... 3.3
18.0 Cabbage, cooked (1/2 cup) ..... 2.6
4.4 Canots (1/2 cup) ..... 1.8
4.6 Cauliflower (1/2 cup) ..... 0.8
1.4 Celery ( $1 / 2$ cup) ..... 1.1
2.1 Com, boiled (1 ear) ..... 3.1
1.8 Cucumber ( 1 medium) ..... 1.5
0.6 Lettuce, ic eberg (1/2 cup) ..... 0.4
3.4 Peas, cooked (1/2 cup) ..... 8.3
0.4 Potatoes, boiled (1 medium) ..... 3.0
1.3 Spinach (1/2 cup) ..... 1.0
1.7 Tomato (1 small) ..... 1.0
Fruits
0.6 Apple (1 small) ..... 3.4
0.4 Apricots (2 medium) ..... 1.8
1.5 Banana (1 small) ..... 2.0
0.2 Cantaloupe (1/4 small) ..... 0.9
1.3 Chemies (15 large) ..... 1.1
1.0 Grapes ( 10 medium) ..... 0.5
0.7 Orange, navel (1 small) ..... 2.2
Pear, Bosc (1 medium) ..... 4.8
Plums (10 small) ..... 2.1
1.1 Raspbemies (1/2 cup) ..... 1.9
1.0 Strawberies (1/2 cup) ..... 1.7
1.0 Bluebenies (1/2 cup) ..... 2.5
0.5 Prunes (5 small) ..... 4.4

