

HIGH FIBER FOODS

DIGESTIVE HEALTH COMPLEX

Foods High in Fiber	Amount	Total Fiber in Grams
Almonds	1 ounce	4.22
Apple with skin	1 medium	5.00
Avocados	1 medium	11.84
Bananas	1 medium	3.92
Black Beans (cooked)	1 cup	14.92
Blueberries	1 cup	4.18
Bran Cereal	1 cup	19.94
Bread Whole Wheat	1 slice	2.00
Broccoli (cooked)	1 cup	4.50
Cabbage (cooked)	1 cup	4.20
Carrots (raw)	1 medium	2.00
Cauliflower (cooked)	1 cup	3.43
Corn (sweet)	1 cup	4.66
Cranberries	½ cup	1.99
Green Beans (cooked)	1 cup	3.95
Green Peas (cooked)	1 cup	8.84
Kidney Beans (cooked)	1 cup	13.33
Kiwifruit	1 each	2.58
Lentils (cooked)	1 cup	15.64
Lima Beans (cooked)	1 cup	13.16
Navy Beans	1 cup	11.65
Oats (dry)	1 cup	12.00
Oranges	1 medium	3.40
Pasta (Whole Wheat)	1 cup	6.34
Peach	1 medium	2.00
Pear	1 medium	5.08
Pepper (Sweet)	1 medium	2.62
Pinto Beans (cooked)	1 cup	14.71
Potato (baked with skin)	1 medium	4.80
Prunes	¼ cup	3.20
Raspberries	1 cup	8.35
Rice, (brown uncooked)	1cup	7.98
Strawberries	1 cup	5.94
Sweet Potato (cooked)	1 cup	3.68
Walnuts	1 ounce	2.98
Zucchini (cooked)	1 cup	2.63

Dr. Chaudhry recommends **20-30** grams of fiber in your daily diet.

Add fiber to your diet **gradually**.

Drink plenty of **fluids** when adding fiber to your diet.

You can add a fiber supplement if needed (**Benifiber, Citrucel or FiberCon**).