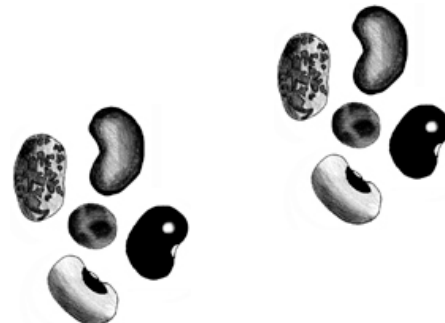


Fiber

1. Eat more fruit, vegetables, and legumes
2. Eat cereals high in fiber
3. Eat brown rice in place of white rice.
4. Have some nuts
5. Replace processed fruit juice with whole fruit



Food Sources of Fiber

How much fiber do I need?

25-35 grams per day

(about 5-10 grams soluble, 15-20 grams insoluble)

Food (grams)	Serving Size	Total fiber (grams)	Soluble fiber(grams)	Insoluble fiber
Whole wheat bread	1 slice	2.5	.5	2.0
Rye bread	1 slice	1.8	.8	1.0
Oatmeal (cooked)	¾ cup	3.0	1.0	2.0
Raisin bran	¾ cup	6.1	.8	5.3
Cheerios	¾ cup	1.5	.9	.6
Brown rice	½ cup	1.7	.2	1.5
Black beans	½ cup	7.4	2.0	5.4
Navy beans	½ cup	5.8	1.7	4.1
Blackeyed peas	½ cup	5.6	.7	4.9
Apple	3 ounce	2.3	.9	1.4
Orange	3 ounce	2.0	1.2	.8
Almonds	1 ounce	3.3	.4	2.9
Kashi cereal- To Good Friends	¾ cup	8.0	1.2	6.8
Kashi cereal Go Lean	¾ cup	10.0	1.0	9.0

Remember to introduce fiber gradually into your diet and get adequate fluids !