



## Wellness Center

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### High Fiber Foods

A high fiber diet can help prevent constipation, ease bloating, and promote optimal bowel movements and gut health. It will be important to slowly increase the fiber amount consumed. Goal fiber amounts are 25-35 grams per day. Eating foods that are whole grains is a great way to increase fiber in your diet. Fruits and vegetables are also high sources of fiber. Be sure to drink plenty of water while eating a high fiber diet.

FOOD	SERVING	GRAMS OF FIBER
<b>FRUITS</b>		
Apple with skin	1 medium	3.7
Blueberries (raw)	1 cup	4.0
Pear	1 medium	4.0
Prunes (dried)	10 prunes	6.0
Raspberries	1 cup	8.4
<b>VEGETABLES</b>		
Baked beans	1 cup	14.0
Lima beans	1 cup	13.2
Pinto beans	1 cup	14.7
Potato with skin	1 medium	5.0
Peas	½ cup	4.0
Carrot	1 medium	2.0
Lettuce	½ cup	0.5
Sweet potato	1 medium	3.0
<b>CEREAL</b>		
All-Bran, Kellogg's	½ cup	10.0
Bran Buds, Kellogg's	1/3 cup	12.0
Quaker Shredded Wheat	3 biscuits	7.3
Frosted Mini-Wheats	5 biscuits	5.0
Hiney Nut Cheerios, General Mills	1 cup	2.0
<b>BREADS/GRAINS/PASTAS</b>		
English Muffin	1 muffin	1.5
Bagel	1 bagel	1.5
Seven Grain Bread	1 slice	3.0
Whole Wheat Bread	1 slice	2.0
Whole wheat Spaghetti	1 cup	6.3
Brown Rice	1 cup	3.5
White Rice	1 cup	1.0

If you are interested in learning more about fiber or are seeking support or guidance, consider scheduling an appointment with a registered dietitian. To schedule an appointment, call 773-508-8883 or book online at <https://www.luc.edu/wellness/nutrition/>.