



# HIGH FIBER FOODS

## THE GERIATRIC DIETITIAN



### CEREAL

Cereals fortified with fiber are one of the easiest ways to incorporate more fiber into your diet.

Cereal	Serving size	Fiber (grams)
Fiber One, General Mills	1/2 cup	13.0
Bran Buds, Kellogg's	1/3 cup	13.0
All-Bran, Kellogg's	1/2 cup	10.0
Raisin Bran, Kellogg's	3/4 cup	8.2
Instant Oatmeal	1 pack	3.0
Cheerios	1 cup	3.0

### BEANS

Beans are some of the richest, natural sources of fiber. They also have a higher protein content, keeping you fuller longer.

Beans	Serving size	Fiber (grams)
Navy beans	1 cup	19.0
Lentils	1 cup	16.0
Black beans	1 cup	15.0
Pinto beans	1 cup	15.0
Chickpeas	1 cup	12.5
Edamame	1 cup	8.0

### VEGETABLES

An excellent source of **insoluble** fiber and typically lower in calories making more veggies a no-brainer!

Vegetables	Serving size	Fiber (grams)
Artichokes	1 cup	7.7
Spinach, cooked	1 cup	7.0
Potato	1 medium	6.9
Brussel sprouts	1 cup	6.4
Broccoli, cooked	1 cup	5.1
Green beans	1 cup	4.0

### FRUIT

Whether you plan to eat dried or fresh fruit, you're sure to get a good amount of **soluble** fiber and a boost of vitamins.

Fruit	Serving size	Fiber (grams)
Avocado, cubed	1 cup	10.1
Raspberries	1 cup	8.0
Figs, dried	1/2 cup	7.3
Pear	1 medium	5.5
Blueberries	1 cup	3.6
Strawberries	1 cup	3.0

### TIPS FOR BOOSTING FIBER

- Increase fiber intake slowly
- Drink plenty of water, 8+ cups/day
- Add beans to soups or salads
- Opt for whole-grain over refined grains
- Read the Nutrition Facts for the amount of fiber per serving