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High-Fiber Diet

A high-fiber diet along with adequate liquid intake is important for colon health. The recommended fiber intake is 25-30 grams/day. It is also important to drink plenty of liquids throughout the day (8-10 glasses/day). The following list of high fiber foods will guide you in making healthy choices for good colon health.

Fruits/Vegetables/Legumes	Measure	Fiber, total dietary (grams)
Apple with skin	1 cup, sliced	3.1
Artichoke, cooked	1 medium	10.3
Asparagus, boiled, drained	1 cup	3.2
Avocado, raw	½ cup, cubed	5
Banana	1 medium	3.1
Black beans, cooked	½ cup	7.5
Blackberries	1 cup	7.6
Blueberries	1 cup	3.6
Broccoli, boiled	1 cup, chopped	5.1
Brussel sprouts, cooked	1 cup	6.4
Butternut squash, cooked	1 cup, cubes	6.6
Carrot, raw	1 cup, chopped	3.6
Celery, raw	1 cup, chopped	1.6
Figs, raw	4 large	7.6
Green peas, cooked	1/2 cup	4.4
Kale, raw	1 cup, chopped	2.4
Lentils, cooked	½ cup	7.8
Lima beans, cooked	½ cup	4.5
Orange	1 cup, sections	4.3
Pear with skin	1 cup, slices	4.3
Pineapple	1 cup, chunks	2.3
Potato, with skin, baked	1 small	3
Prune juice, canned	1 cup	2.6
Raisins, seedless	1 cup, packed	6.1
Rasberries	1 cup	8
Soy beans, cooked	½ cup	3.8

Split peas, cooked	½ cup	8
Strawberries	1 cup	3
Sunflower seed kernels	¼ cup	3.9
Sweet corn kernels, cut off cob, cooked	1 cup	4.0
Whole Grains/Pasta		
Barley, pearled, cooked	1 cup	6
Brown rice, cooked	1 cup	3.5
Bulgur, cooked	1 cup	8.2
Chia Seeds	1 tablespoon	5.5
Flaxseed meal	2 tablespoons	3.8
Multigrain fiber bread (Trader Joes)	1 slice	6
Oat bran muffin	1 medium	5.2
Oat bran, cooked	1 cup	5.7
Quinoa, cooked	1 cup	5.2
Spaghetti, whole-wheat, cooked	1 cup	6.3
Whole wheat bread	1 slice	1.9

Source: U.S. Department of Agriculture, Agricultural Research Service. 2013. USDA National Nutrient Database for Standard Reference, Release 26. Nutrient Data Laboratory Home Page, <http://www.ars.usda.gov/ba/bhnrc/ndl>

***Fiber content may vary between brands**