



Mardian Natural Medicine

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High Fiber Foods

- When you add foods that are high in fiber to your diet, do so gradually. Over time, your body will get used to it. As you add more fiber to your diet, be sure to drink extra fluids. Foods that are high in fiber are usually low in fat.
- An adequate intake of fiber for Canadians is estimated to be 25 to 38 grams of dietary fiber per day. The best way to make sure you get enough fiber in your diet is to follow *Canada's Food Guide to Healthy Eating*. A healthy diet involves a certain number of servings every day from the 4 major food groups (grain products, vegetables and fruit, milk products, meat and alternatives). Following the daily serving recommendations and choosing foods that are higher in fiber from each food group will help you get enough fiber in your diet.

Vegetables & Fruit: Choose 5 to 10 servings of vegetables and fruit every day._

VEGETABLE	FIBER	FRUIT	FIBER
Asparagus, boiled, 5 spears	1 g	Apple, with skin, 1 medium-sized	3 g
Beans, green or yellow, steamed, ½ cup (125 mL)	2 g	Applesauce, ½ cup (125 mL)	2 g
Broccoli, raw or steamed, ½ cup (125 mL)	2 g	Apricots, dried, 4	3 g
Brussels sprouts, steamed ½ cup (125 mL)	3 g	Banana, 1 medium-sized	2 g
Cabbage, cooked, ½ cup (125 mL)	1 g	Blueberries, ½ cup (125 mL)	2 g
Carrots, raw or steamed, ½ cup (125 mL)	2 g	Cantaloupe, ½ of a small fruit	2 g
Cauliflower, raw, ½ cup (125 mL)	1 g	Dates, 5	4 g
Celery, raw, 1 stalk	1 g	Grapefruit, white or pink, ½	2 g
Mushrooms, cooked, ½ cup (125 mL)	2 g	Grapes, with skin, 20	1 g
Parsnips, cooked, ½ cup (125 mL)	3 g	Fruit juice, 100%, ½ cup (125 mL)	traces
Peppers, green or red, ½ cup (125 mL)	2 g	Mango, ½	2 g
Peas, green, cooked, ½ cup (125 mL)	4 g	Orange, 1 medium-sized	3 g
Potato, with skin, 1 medium-sized	5 g	Papaya, ½ of a small fruit	3 g
Spinach, steamed, ½ cup (125 mL)	3 g	Peach, with skin, 1 medium-sized	2 g
Squash, boiled, ½ cup (125 mL)	2 g	Pear, with skin, 1 medium-sized	5 g
Sweet potato, cooked, ½ cup (125 mL)	4 g	Plums, with skin, 2	2 g
Tomato, raw, 1 medium-sized	2 g	Prunes, 5	3 g
Tomato sauce, plain, ½ cup (125 mL)	2 g	Raisins, 1/3 cup (75 mL)	3 g
		Raspberries, ½ cup (125 mL)	3 g
		Strawberries, ½ cup (125 mL)	2 g

Whole Grains: Choose 5 to 12 servings of grain products each day. Foods made with whole grains will give you more fiber than foods made with refined flour.

GRAIN PRODUCT	FIBER	BREAKFAST CEREALS	FIBER
Bran muffin, 1 medium-sized	2 g	All Bran™, ½ cup (125 mL)	12 g
Bread, whole wheat/rye, 1 slice	2 g	Bran Flakes™, ¾ cup (175 mL)	5 g
white, 1 slice	1 g	MultiGrain Cheerios™, 1 cup (250 mL)	3 g
Oatmeal raisin cookie, 2	1 g	Corn Flakes™, 1 cup (250 mL)	1 g
Pita, whole wheat, ½	3 g	Oat bran, cooked, ¾ cup (175 mL)	3 g
Rice, brown, cooked, ½ cup (125 mL)	2 g	Rolled oats, cooked, ¾ cup (175 mL)	3 g
white, cooked, ½ cup (125 mL)	0.5 g	Shredded Wheat™, 1 biscuit	3 g
Pasta, regular, cooked, ½ cup (125 mL)	1 g	Shreddies™, ½ cup (125 mL)	3 g
whole wheat, cooked, ½ cup (125 mL)	3 g	Special K™, 1 cup (250 mL)	traces

Meat and Alternatives: Eat 2 to 3 servings of meat and alternatives each day. Meat, poultry or fish do not contain fiber, so to get the amount of fiber you need, choose legumes (beans, peas and lentils) and nuts as an alternative to meat more often. Legumes, nuts and seeds are also a good source of protein.

LEGUMES	FIBER	NUTS	FIBER
Baked beans, ½ cup (125 mL)	10 g	Almonds ¼ cup (50 mL), shelled	3 g
Black-eyed peas, cooked, ½ cup (125 mL)	8 g	Peanuts, ¼ cup (50 mL), shelled	2 g
White beans, cooked, ½ cup (125 mL)	8 g	Sunflower seeds, ¼ cup (50 mL), shelled	2 g
Kidney beans, cooked, ½ cup (125 mL)	6 g		
Lentils, cooked, ½ cup (125 mL)	4 g		

Ideas to increase fiber in your diet

- **Breakfast**
 - Choose a cereal with at least 4 grams of fiber per serving. (Look for the Nutrition Facts label on the box.)
 - Add fresh or frozen berries to your cereal.
- **Snack**
 - Sprinkle granola on yogurt or canned fruit.
 - Nibble on trail mix of dried fruit and nuts.
- **Lunch**
 - Spread hummus instead of mayonnaise on your sandwich
 - Try barley, lentil or pea soup.
 - Add some shredded carrots instead of iceberg lettuce to your sandwich.
- **Dinner**
 - Leave skins on potatoes when you bake, mash or boil them.
 - Make your salad with romaine lettuce or bok choy.
 - Add cooked lentils to your pasta sauce.
 - Cook whole wheat pasta instead of white pasta.