

Dietary Fibre and Constipation

Your diet should have enough fibre to produce soft, painless bowel movements. Some experts recommend approximately 25 grams of fibre daily. Increase to this amount *slowly* over several months. Be sure to drink several glasses of water every day.

| Dietary Fibre Content of Common Foods | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|-------------------|-------------------|-------------------|----------|---|---------------|----------|---------------|----------------|----------|---------|-----------|--------------|----------|------|-----|--------------------|---------|-----|-----|---------------------------|---------|-----|-----|------------|-------------------|------|-----|---|----------|--------|-------------------|-----------------------|---------|------------|-----|--------------------------------|-----------|------------|-----|----------------------|-----------|------------|-----|--------------------|--------------|-------------|-----|------------------------|----------------------|------------|-----|---|--|----------------|-------------------|-------------------|-------------------|----------|--------------|-----|------------|----------|--------------|-----|------------|---------|------|-----|-------------------------|---------------|---------|---------|------------|--------|----------------|-----|----------------|-----------------|------|-----|----------------------|---------|----------------|-----|-------------------|----------|-----|-----|------------------|----------|-----|-----|--------------|-------|-----|-----|----------|-----|-----|-----|--------------|-------|-----|-----|-----------|---|-----|-----|
| <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Grain Products</th> <th style="text-align: left;">Amount</th> <th style="text-align: left;">Dietary Fibre (g)</th> <th style="text-align: left;">Calories</th> </tr> </thead> <tbody> <tr> <td>Bagels (cinnamon raisin, plain, blueberry, egg)</td> <td>1 whole bagel</td> <td>2.0</td> <td>about 280-300</td> </tr> <tr> <td>Bran muffins</td> <td>1 muffin</td> <td>0.0-4.0</td> <td>about 104</td> </tr> <tr> <td>Bread, pita</td> <td>1 pocket</td> <td>0.3</td> <td>106</td> </tr> <tr> <td>Bread, whole wheat</td> <td>1 slice</td> <td>1.6</td> <td>61</td> </tr> <tr> <td>Bread, whole wheat raisin</td> <td>1 slice</td> <td>3.2</td> <td>70</td> </tr> <tr> <td>Cornbread</td> <td>1 square (2-1/2")</td> <td>3.4</td> <td>93</td> </tr> <tr> <td>English muffin, whole wheat</td> <td>1 whole</td> <td>4.4</td> <td>134</td> </tr> <tr> <td>Macaroni, whole wheat</td> <td>1 cup</td> <td>5.7</td> <td>200</td> </tr> <tr> <td>Popcorn, air-popped, no butter</td> <td>3 cups</td> <td>4.5</td> <td>115</td> </tr> <tr> <td>Rice, brown (cooked)</td> <td>1 cup</td> <td>3.3</td> <td>216</td> </tr> <tr> <td>Spaghetti (cooked)</td> <td>1 cup</td> <td>2.2</td> <td>197</td> </tr> <tr> <td>Spaghetti, whole wheat</td> <td>1 cup</td> <td>4.5</td> <td>174</td> </tr> </tbody> </table> | Grain Products | Amount | Dietary Fibre (g) | Calories | Bagels (cinnamon raisin, plain, blueberry, egg) | 1 whole bagel | 2.0 | about 280-300 | Bran muffins | 1 muffin | 0.0-4.0 | about 104 | Bread, pita | 1 pocket | 0.3 | 106 | Bread, whole wheat | 1 slice | 1.6 | 61 | Bread, whole wheat raisin | 1 slice | 3.2 | 70 | Cornbread | 1 square (2-1/2") | 3.4 | 93 | English muffin, whole wheat | 1 whole | 4.4 | 134 | Macaroni, whole wheat | 1 cup | 5.7 | 200 | Popcorn, air-popped, no butter | 3 cups | 4.5 | 115 | Rice, brown (cooked) | 1 cup | 3.3 | 216 | Spaghetti (cooked) | 1 cup | 2.2 | 197 | Spaghetti, whole wheat | 1 cup | 4.5 | 174 | <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Breakfast Cereals</th> <th style="text-align: left;">Amount (cup)</th> <th style="text-align: left;">Dietary Fibre (g)</th> <th style="text-align: left;">Calories</th> </tr> </thead> <tbody> <tr> <td>All-Bran™</td> <td>1/3</td> <td>10.0</td> <td>70</td> </tr> <tr> <td>Bran Buds™</td> <td>1/3</td> <td>8.0</td> <td>70</td> </tr> <tr> <td>Bran Chex™</td> <td>2/3</td> <td>6.1</td> <td>90</td> </tr> <tr> <td>Bran Flakes/Raisin Bran</td> <td>3/4</td> <td>5</td> <td>100/120</td> </tr> <tr> <td>Corn Bran™</td> <td>2/3</td> <td>5.4</td> <td>109</td> </tr> <tr> <td>Fiber One™</td> <td>1/2</td> <td>2</td> <td>180</td> </tr> <tr> <td>Frosted Mini-Wheats™</td> <td>1/2</td> <td>3.0</td> <td>100</td> </tr> <tr> <td>Grape Nuts™</td> <td>1/2</td> <td>5</td> <td>200</td> </tr> <tr> <td>Granola-type</td> <td>1/4</td> <td>2.0</td> <td>120</td> </tr> <tr> <td>Nutri-Grain™</td> <td>2/3</td> <td>3.0</td> <td>140</td> </tr> <tr> <td>Oat bran</td> <td>3/4</td> <td>6</td> <td>190</td> </tr> <tr> <td>Oatmeal</td> <td>3/4</td> <td>1.6</td> <td>108</td> </tr> <tr> <td>Wheaties™</td> <td>1</td> <td>3.0</td> <td>110</td> </tr> </tbody> </table> | Breakfast Cereals | Amount (cup) | Dietary Fibre (g) | Calories | All-Bran™ | 1/3 | 10.0 | 70 | Bran Buds™ | 1/3 | 8.0 | 70 | Bran Chex™ | 2/3 | 6.1 | 90 | Bran Flakes/Raisin Bran | 3/4 | 5 | 100/120 | Corn Bran™ | 2/3 | 5.4 | 109 | Fiber One™ | 1/2 | 2 | 180 | Frosted Mini-Wheats™ | 1/2 | 3.0 | 100 | Grape Nuts™ | 1/2 | 5 | 200 | Granola-type | 1/4 | 2.0 | 120 | Nutri-Grain™ | 2/3 | 3.0 | 140 | Oat bran | 3/4 | 6 | 190 | Oatmeal | 3/4 | 1.6 | 108 | Wheaties™ | 1 | 3.0 | 110 |
| Grain Products | Amount | Dietary Fibre (g) | Calories | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Bagels (cinnamon raisin, plain, blueberry, egg) | 1 whole bagel | 2.0 | about 280-300 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Bran muffins | 1 muffin | 0.0-4.0 | about 104 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Bread, pita | 1 pocket | 0.3 | 106 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Bread, whole wheat | 1 slice | 1.6 | 61 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Bread, whole wheat raisin | 1 slice | 3.2 | 70 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cornbread | 1 square (2-1/2") | 3.4 | 93 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| English muffin, whole wheat | 1 whole | 4.4 | 134 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Macaroni, whole wheat | 1 cup | 5.7 | 200 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Popcorn, air-popped, no butter | 3 cups | 4.5 | 115 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Rice, brown (cooked) | 1 cup | 3.3 | 216 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Spaghetti (cooked) | 1 cup | 2.2 | 197 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Spaghetti, whole wheat | 1 cup | 4.5 | 174 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Breakfast Cereals | Amount (cup) | Dietary Fibre (g) | Calories | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| All-Bran™ | 1/3 | 10.0 | 70 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Bran Buds™ | 1/3 | 8.0 | 70 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Bran Chex™ | 2/3 | 6.1 | 90 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Bran Flakes/Raisin Bran | 3/4 | 5 | 100/120 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Corn Bran™ | 2/3 | 5.4 | 109 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fiber One™ | 1/2 | 2 | 180 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Frosted Mini-Wheats™ | 1/2 | 3.0 | 100 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Grape Nuts™ | 1/2 | 5 | 200 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Granola-type | 1/4 | 2.0 | 120 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nutri-Grain™ | 2/3 | 3.0 | 140 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Oat bran | 3/4 | 6 | 190 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Oatmeal | 3/4 | 1.6 | 108 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Wheaties™ | 1 | 3.0 | 110 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Legumes (Beans)</th> <th style="text-align: left;">Amount (cup)</th> <th style="text-align: left;">Dietary Fibre (g)</th> <th style="text-align: left;">Calories</th> </tr> </thead> <tbody> <tr> <td>Baked beans</td> <td>1</td> <td>6.0-10.0</td> <td>250</td> </tr> <tr> <td>Black beans</td> <td>1</td> <td>7.2</td> <td>227</td> </tr> <tr> <td>Chickpeas</td> <td>1</td> <td>12.0</td> <td>172</td> </tr> <tr> <td>Kidney beans</td> <td>1</td> <td>6.4</td> <td>225</td> </tr> <tr> <td>Lentils</td> <td>1</td> <td>7.9</td> <td>231</td> </tr> <tr> <td>Lima beans</td> <td>1</td> <td>13.5</td> <td>217</td> </tr> </tbody> </table> | Legumes (Beans) | Amount (cup) | Dietary Fibre (g) | Calories | Baked beans | 1 | 6.0-10.0 | 250 | Black beans | 1 | 7.2 | 227 | Chickpeas | 1 | 12.0 | 172 | Kidney beans | 1 | 6.4 | 225 | Lentils | 1 | 7.9 | 231 | Lima beans | 1 | 13.5 | 217 | <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Crackers</th> <th style="text-align: left;">Amount</th> <th style="text-align: left;">Dietary Fibre (g)</th> <th style="text-align: left;">Calories</th> </tr> </thead> <tbody> <tr> <td>Graham</td> <td>2 crackers</td> <td>1.4</td> <td>53</td> </tr> <tr> <td>Ry-Krisp™</td> <td>3 crackers</td> <td>2.3</td> <td>64</td> </tr> <tr> <td>Triscuit™</td> <td>7 crackers</td> <td>4</td> <td>140</td> </tr> <tr> <td>Wheat Thins™</td> <td>16 crackers</td> <td>2</td> <td>140</td> </tr> <tr> <td>Whole wheat crackers</td> <td>7 crackers</td> <td>2.9</td> <td>134</td> </tr> </tbody> </table> | Crackers | Amount | Dietary Fibre (g) | Calories | Graham | 2 crackers | 1.4 | 53 | Ry-Krisp™ | 3 crackers | 2.3 | 64 | Triscuit™ | 7 crackers | 4 | 140 | Wheat Thins™ | 16 crackers | 2 | 140 | Whole wheat crackers | 7 crackers | 2.9 | 134 | <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nuts and Seeds</th> <th style="text-align: left;">Amount</th> <th style="text-align: left;">Dietary Fibre (g)</th> <th style="text-align: left;">Calories</th> </tr> </thead> <tbody> <tr> <td>Almonds</td> <td>22 nuts/1oz.</td> <td>3.1</td> <td>176</td> </tr> <tr> <td>Cashews</td> <td>18 nuts/1oz.</td> <td>1.7</td> <td>163</td> </tr> <tr> <td>Peanuts</td> <td>1oz.</td> <td>2.2</td> <td>184</td> </tr> <tr> <td>Peanut butter</td> <td>2 tbsp.</td> <td>1.9</td> <td>190</td> </tr> <tr> <td>Pecans</td> <td>15 halves/1oz.</td> <td>1.8</td> <td>190</td> </tr> <tr> <td>Sunflower seeds</td> <td>1oz.</td> <td>1.9</td> <td>75</td> </tr> <tr> <td>Walnuts</td> <td>14 halves/1oz.</td> <td>1.3</td> <td>182</td> </tr> </tbody> </table> | Nuts and Seeds | Amount | Dietary Fibre (g) | Calories | Almonds | 22 nuts/1oz. | 3.1 | 176 | Cashews | 18 nuts/1oz. | 1.7 | 163 | Peanuts | 1oz. | 2.2 | 184 | Peanut butter | 2 tbsp. | 1.9 | 190 | Pecans | 15 halves/1oz. | 1.8 | 190 | Sunflower seeds | 1oz. | 1.9 | 75 | Walnuts | 14 halves/1oz. | 1.3 | 182 | | | | | | | | | | | | | | | | | | | | | | | |
| Legumes (Beans) | Amount (cup) | Dietary Fibre (g) | Calories | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Baked beans | 1 | 6.0-10.0 | 250 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Black beans | 1 | 7.2 | 227 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chickpeas | 1 | 12.0 | 172 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kidney beans | 1 | 6.4 | 225 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lentils | 1 | 7.9 | 231 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lima beans | 1 | 13.5 | 217 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Crackers | Amount | Dietary Fibre (g) | Calories | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Graham | 2 crackers | 1.4 | 53 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ry-Krisp™ | 3 crackers | 2.3 | 64 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Triscuit™ | 7 crackers | 4 | 140 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Wheat Thins™ | 16 crackers | 2 | 140 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Whole wheat crackers | 7 crackers | 2.9 | 134 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nuts and Seeds | Amount | Dietary Fibre (g) | Calories | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Almonds | 22 nuts/1oz. | 3.1 | 176 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cashews | 18 nuts/1oz. | 1.7 | 163 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Peanuts | 1oz. | 2.2 | 184 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Peanut butter | 2 tbsp. | 1.9 | 190 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pecans | 15 halves/1oz. | 1.8 | 190 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sunflower seeds | 1oz. | 1.9 | 75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Walnuts | 14 halves/1oz. | 1.3 | 182 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Vegetables</th> <th style="text-align: left;">Amount</th> <th style="text-align: left;">Dietary Fibre (g)</th> <th style="text-align: left;">Calories</th> </tr> </thead> <tbody> <tr> <td>Asparagus</td> <td>1/2 cup</td> <td>1.9</td> <td>23</td> </tr> <tr> <td>Broccoli (raw)</td> <td>1/2 cup</td> <td>1.2</td> <td>12</td> </tr> <tr> <td>Carrot (raw)</td> <td>1 medium</td> <td>2.3</td> <td>31</td> </tr> <tr> <td>Cauliflower</td> <td>1/2 cup</td> <td>1.3</td> <td>13</td> </tr> <tr> <td>Celery (raw)</td> <td>1 stalk</td> <td>0.6</td> <td>6</td> </tr> <tr> <td>Corn</td> <td>1/2 cup</td> <td>1.7</td> <td>67</td> </tr> <tr> <td>Cucumber (sliced)</td> <td>1/2 cup</td> <td>0.5</td> <td>7</td> </tr> <tr> <td>Green beans</td> <td>1/2 cup</td> <td>1.9</td> <td>23</td> </tr> <tr> <td>Lettuce (shredded)</td> <td>1 cup</td> <td>0.4</td> <td>6</td> </tr> <tr> <td>Potato (with skin)</td> <td>1 large</td> <td>8.52</td> <td>310</td> </tr> <tr> <td>Spinach (boiled)</td> <td>1/2 cup</td> <td>2.0</td> <td>21</td> </tr> <tr> <td>Tomato (raw)</td> <td>1 medium</td> <td>1.6</td> <td>26</td> </tr> </tbody> </table> | Vegetables | Amount | Dietary Fibre (g) | Calories | Asparagus | 1/2 cup | 1.9 | 23 | Broccoli (raw) | 1/2 cup | 1.2 | 12 | Carrot (raw) | 1 medium | 2.3 | 31 | Cauliflower | 1/2 cup | 1.3 | 13 | Celery (raw) | 1 stalk | 0.6 | 6 | Corn | 1/2 cup | 1.7 | 67 | Cucumber (sliced) | 1/2 cup | 0.5 | 7 | Green beans | 1/2 cup | 1.9 | 23 | Lettuce (shredded) | 1 cup | 0.4 | 6 | Potato (with skin) | 1 large | 8.52 | 310 | Spinach (boiled) | 1/2 cup | 2.0 | 21 | Tomato (raw) | 1 medium | 1.6 | 26 | <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Fruit</th> <th style="text-align: left;">Amount</th> <th style="text-align: left;">Dietary Fibre (g)</th> <th style="text-align: left;">Calories</th> </tr> </thead> <tbody> <tr> <td>Apple (with skin)</td> <td>1 medium</td> <td>3.0</td> <td>81</td> </tr> <tr> <td>Banana</td> <td>1 medium</td> <td>1.8</td> <td>105</td> </tr> <tr> <td>Cantaloupe</td> <td>1 cup</td> <td>1.3</td> <td>57</td> </tr> <tr> <td>Grapefruit</td> <td>1/2 medium</td> <td>0.7</td> <td>37</td> </tr> <tr> <td>Grapes</td> <td>1 cup</td> <td>1.6</td> <td>114</td> </tr> <tr> <td>Honeydew melon</td> <td>3/4 cup</td> <td>0.8</td> <td>46</td> </tr> <tr> <td>Orange</td> <td>1 small</td> <td>1.2</td> <td>35</td> </tr> <tr> <td>Peach (with skin)</td> <td>1 medium</td> <td>1.4</td> <td>37</td> </tr> <tr> <td>Pear (with skin)</td> <td>1 medium</td> <td>4.3</td> <td>98</td> </tr> <tr> <td>Pineapple</td> <td>1 cup</td> <td>1.8</td> <td>76</td> </tr> <tr> <td>Prunes</td> <td>3</td> <td>1.9</td> <td>122</td> </tr> <tr> <td>Strawberries</td> <td>1 cup</td> <td>3.9</td> <td>45</td> </tr> </tbody> </table> | Fruit | Amount | Dietary Fibre (g) | Calories | Apple (with skin) | 1 medium | 3.0 | 81 | Banana | 1 medium | 1.8 | 105 | Cantaloupe | 1 cup | 1.3 | 57 | Grapefruit | 1/2 medium | 0.7 | 37 | Grapes | 1 cup | 1.6 | 114 | Honeydew melon | 3/4 cup | 0.8 | 46 | Orange | 1 small | 1.2 | 35 | Peach (with skin) | 1 medium | 1.4 | 37 | Pear (with skin) | 1 medium | 4.3 | 98 | Pineapple | 1 cup | 1.8 | 76 | Prunes | 3 | 1.9 | 122 | Strawberries | 1 cup | 3.9 | 45 | | | | |
| Vegetables | Amount | Dietary Fibre (g) | Calories | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Asparagus | 1/2 cup | 1.9 | 23 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Broccoli (raw) | 1/2 cup | 1.2 | 12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carrot (raw) | 1 medium | 2.3 | 31 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cauliflower | 1/2 cup | 1.3 | 13 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Celery (raw) | 1 stalk | 0.6 | 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Corn | 1/2 cup | 1.7 | 67 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cucumber (sliced) | 1/2 cup | 0.5 | 7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Green beans | 1/2 cup | 1.9 | 23 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lettuce (shredded) | 1 cup | 0.4 | 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Potato (with skin) | 1 large | 8.52 | 310 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Spinach (boiled) | 1/2 cup | 2.0 | 21 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tomato (raw) | 1 medium | 1.6 | 26 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fruit | Amount | Dietary Fibre (g) | Calories | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Apple (with skin) | 1 medium | 3.0 | 81 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Banana | 1 medium | 1.8 | 105 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cantaloupe | 1 cup | 1.3 | 57 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Grapefruit | 1/2 medium | 0.7 | 37 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Grapes | 1 cup | 1.6 | 114 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Honeydew melon | 3/4 cup | 0.8 | 46 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Orange | 1 small | 1.2 | 35 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Peach (with skin) | 1 medium | 1.4 | 37 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pear (with skin) | 1 medium | 4.3 | 98 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pineapple | 1 cup | 1.8 | 76 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Prunes | 3 | 1.9 | 122 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Strawberries | 1 cup | 3.9 | 45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

EXAMPLE OF A HIGH-FIBRE MEAL PLAN:

- Breakfast 1 cup water, 1 bran muffin, 1 cup milk, 3/4 cup oatmeal, 1 orange
- Lunch 2 slices wheat or pumpernickel bread, 2 oz. turkey w/sprouts and tomato, 1 apple, 1 cup yogurt w/fruit, 1 cup iced tea
- Dinner 1 chicken breast, 1 cup brown rice, 1/2 cup broccoli, 1 serving carrot salad, 1 whole wheat dinner roll, 1 cup herbal tea or milk
- Snacks popcorn, wheat crackers, nuts, fruit