

# FIBER finder

Filling up with fiber-rich foods can be as easy as following the recommendations of MyPyramid.gov. As an excellent source of both soluble and insoluble fibers, grain foods offer variety and convenience. Americans can get more fiber from great-tasting grain foods than from any other source. Breakfast cereals are one of the best sources of fiber and whole grains in children's diets.

## FIBER-UP

Fiber-up with foods you already eat. Favorite foods like bread, apples, broccoli and beans are diverse, nutritious and good tasting. To get your fiber "fix" (25 to 38 grams each day), just mix and match your favorites. Here are some examples to get you started.

FOOD GROUP	SERVING SIZE	FIBER CONTENT (GRAMS)	RESISTANT STARCH (% OF FIBER)
<b>GRAIN FOODS: Recommendation – 5 to 8 ounce equivalents</b>			
Wheat-bran cereal	1 ounce (1/3 cup)	8.0	0
Bulgur	1/2 cup, cooked	4.1	
Whole wheat spaghetti	1/2 cup, cooked	3.1	6
Wheat flakes	1 ounce (1 cup)	3	4
Barley	1/2 cup, cooked	3	
Wheat bran muffin	1 average	2.5	
Fig bars	3	2	
Whole wheat tortilla	1 (6 inch)	2	
Oatmeal	1/2 cup, cooked	2	
Whole wheat bread	1 slice	2	5
Brown rice	1/2 cup, cooked	1.7	
Corn tortilla	1 (6 inch)	1.4	18
Enriched pasta	1/2 cup, cooked	1.1	8
Couscous	1/2 cup, cooked	1	
Graham crackers	4	0.7	8
Pita bread (enriched flour)	1 small	0.6	
Enriched white bread	1 slice	0.6	27
Enriched white rice	1/2 cup, cooked	0.3	
<b>FRUITS: Recommendation – 1 1/2 to 2 cups</b>			
Stewed prunes	1/2 cup	4.5	
Orange	1 average	3.1	
Apple with peel	1 average	3.1	
Peach with skin	1 average	2.3	
Strawberries	1/2 cup, fresh	2	
Apple or peach, peeled	1 average	1.7	
<b>VEGETABLES: Recommendation – 2 to 3 cups</b>			
Broccoli	1/2 cup	2.3	
Carrot slices, raw	1/2 cup	2.3	
Tomato	1 medium	1.3	
<b>LEGUMES: Recommendation – 5 to 6 1/2 ounce equivalents (including meat sources)</b>			
Kidney beans	1/2 cup	8.2	9.5
Lentils	1/2 cup	5	2.5
Split peas	1/2 cup	4.4	2.3