



Chicago Med Group
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Benefits of Fiber

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GRADUALLY INCREASE FIBER IN YOUR DIET.
TRY TO INCREASE BY 5 GRAMS A DAY DURING THE FIRST WEEK.

10 GRAMS A DAY THE SECOND WEEK, ETC. UP TO AT LEAST 30 GRAMS A DAY FOR MOST ADULTS.(OR AT LEAST 15 GRAMS OF FIBER PER 1000 CALORIES CONSUMED).

BENEFITS OF FIBER

LOWERS CHOLESTEROL

PROMOTES GROWTH OF GOOD BACTERIA IN YOUR GUT

DECREASES INFLAMMATION

LOWERS RISK OF COLON,BREAST & ESOPHAGEAL CANCER

LOWERS BLOOD PRESSURE

HELPS WEIGHT LOSS

IMPROVES MOOD AND COGNITION

PREVENTS CONSTIPATION

REDUCES RISK FOR TYPE 2 DIABETES

CAN REGULATE HORMONES

Fruits & Vegetables



- APPLE OR PEAR (WITH SKIN): 5 G
- AVOCADO, 1/2 CUP: 5 G
- BANANA, 1 MEDIUM: 3 G
- BEET GREENS, 1 CUP COOKED: 4.2 G
- BEETS, 1 CUP: 3.8 G
- BLUEBERRIES, 1 CUP: 4.1 G
- BROCCOLI, BOILED, 1 CUP: 5 G
- BRUSSEL SPROUTS, 1 CUP: 4 G
- CABBAGE, 1 CUP: 3 G
- CARROTS, 1 CUP: 3.6 G
- CAULIFLOWER, 1 CUP: 5 G
- CHAYOTE, 1 COOKED CUP: 4.5 G
- COLLARD GREENS, COOKED, 1 CUP: 7.6 G
- CORN, COOKED, 1 CUP: 4.6 G
- DATES, 1 CUP: 12 G
- FIGS, DRIED, 1 CUP: 14.5 G
- KALE, BOILED, 1 CUP: 4.7 G
- LETTUCE, ROMAINE, 1 CUP: 1 G
- MUSHROOMS, COOKED, 1 CUP: 3.4 G
- MUSTARD GREENS, 1 CUP COOKED: 4.2 G
- ORANGE, 1 CUP: 4.4 G
- PEAS, GREEN, BOILED, 1 CUP: 9 G
- POTATO, SWEET, WITH SKIN, 1 LARGE: 5.5 G
- POTATO, WHITE, WITH SKIN, 1 LARGE: 3 G
- PRUNES, PITTED, DRIED, 1/2 CUP: 6.2 G
- PRUNE JUICE, 1 CUP: 2.6 G
- PUMPKIN, CANNED, 1 CUP: 7 G
- RAISINS, SEEDED, 1/3 CUP: 2.5 G
- RASPBERRIES, 1 CUP: 8 G
- SPINACH, BOILED, 1 CUP: 4.3 G
- SQUASH, ACORN, COOKED, 1 CUP: 9 G
- TURNIP GREENS, 1 CUP COOKED: 5.6 G
- TOMATO SAUCE, 1 CUP: 4 G
- WATERMELON, 1 CUP: 1 G

ADULTS SHOULD AIM FOR AT LEAST **30 GRAMS** OF FIBER DAILY

THERE IS NO FIBER IN ANIMAL PRODUCTS

FIBER IS ONLY FOUND IN PLANT-BASED FOODS

Example of meals

- 1 cup oatmeal, 1 apple, 1/3 cup almonds: 16 g
- 1 cup Cheerios, 1 cup almond milk, 1/3 cup raisins, 1 pear: 11.5 g
- Peanut butter (1 tbsp) and raisins (1/3 cup) on 2 pieces of whole grain bread and an orange: 14 g
- Black beans, collard greens, brown rice (1 cup each): 26 g
- 1 cup romaine lettuce, 1/2 cup red cabbage, 1/2 cup carrots, 1/2 cup chickpeas and 1/2 avocado: 15.5 g
- Whole wheat pasta with tomato sauce, mushrooms and green peas (1 cup each): 21 g
- Quinoa, broccoli, edamame (1 cup each): 18 g

Fiber Supplements

(it's better to get fiber from whole foods)

- Benefiber (wheat dextran) 2 teaspoons: 3 g
- Citrucel (methylcellulose) 1 tablespoon: 2g
- Metamucil (psyllium) 1 tablespoon: 3 g
- Suprafiber (fruit fiber) 1 tablespoon: 4 g

- BRAN FLAKES, 1 CUP: 7.3 G
- CHEERIOS, 1 CUP: 3 G
- GRAPE NUTS, 1/3 CUP: 5 G
- RAISIN BRAN, 1 CUP: 8.1 G
- SHREDDED WHEAT N BRAN, 1 CUP: 8.7 G
- UNCLE SAM, 1 CUP: 14.7 G



Cereals

- BARLEY, 1 CUP COOKED: 6 G
- BREAD, WHOLE GRAIN, 1 SLICE: 3 G
- MILLET, 1 CUP COOKED: 2.2 G
- OATMEAL, COOKED, 1 CUP: 5 G
- PASTA, WHOLE GRAIN, COOKED 1 CUP: 4.6 G
- QUINOA, COOKED, 1 CUP: 5 G
- RICE, BROWN, 1 CUP COOKED: 3.5 G
- SPELT OR TEFF, 1 CUP COOKED: 7 G



Breads & Grains

Beans & Legumes

- BLACK BEANS, 1 CUP COOKED: 15 G
- EDAMAME, SHELLED, 1 CUP: 8 G
- FAVA BEANS, 1 CUP COOKED: 12 G
- CHICKPEAS, 1 CUP COOKED: 12.5 G
- KIDNEY BEANS, 1 CUP COOKED: 11 G
- LENTILS, 1 CUP COOKED: 15.5 G
- LIMA BEANS, COOKED, 1 CUP: 9 G
- MUNG BEANS, 1 CUP COOKED: 11.5 G
- WHITE/NAVY BEANS, 1 CUP COOKED: 19 G
- PEAS, SPLIT, BOILED, 1 CUP: 16 G
- PINTO BEANS, 1 CUP COOKED: 14 G



- ALMONDS, 1/3 CUP: 6 G
- ALMOND MILK, 1 CUP: 1 G
- CHIA SEEDS, 1 OUNCE [2 TABLESPOONS]: 11 G
- FLAXSEED, GROUND, 1 TABLESPOON: 2 G
- PEANUTS, 1/3 CUP: 4.5 G
- PEANUT BUTTER, 1 TABLESPOON: 1 G
- PISTACHIOS, 1/3 CUP: 4.2 G
- PUMPKIN SEEDS, 1/3 CUP: 4 G
- SUNFLOWER SEEDS, 1/3 CUP: 5 G
- WALNUTS, 1/3 CUP: 2.6 G



Seeds & Nuts