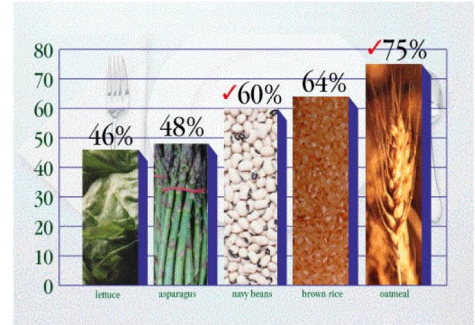


dietary fiber sources

Fiber foods tables & charts



High Fiber Foods			
Food Item	Serving Size	Calories	Fiber (g)
Blackberries	1 c	75	8
Blueberries	1 c	110	5
Orange	1 large	85	4
Red apple	1 medium	100	4
Red pear	1 medium	100	4
Strawberries	1 c, sliced	50	4
Broccoli, cooked	1 c	45	5
Carrots, cooked	1 c	70	5
Spinach, cooked	1 c	40	4
Turnip greens, cooked	1 c	30	5
Winter squash, baked	1 c	70	7
Cooked beans	½ c, cooked	115-140	5-7
Lentils	½ c, cooked	115	8
High-fiber bran cereal	2/3 c	90-120	15-18
Oatmeal	1 c, cooked	130	4
Rye crackers	3 crackers	75	5

Starches & Grains			
Food Item	Serving Size	Calories	Fiber (g)
Beans (black, pinto, etc.)	½ c, cooked	115-140	5-7
Bread (whole grain preferred)	1 slice	80-100	3
English muffin	½ muffin	80	1
Lentils	½ c, cooked	115	8
Rice (brown preferred)	½ c, cooked	110	2
Pasta (whole grain preferred)	½ c, cooked	85	2
Potato, baked	½ medium	100	
Rice cakes	2 large	70	1
Tortilla, corn	2 tortillas	120	4
Branflakes	¾ c	100	3
Oatmeal, cooked	1 c	130	4
Shredded wheat, bitesize	¾ c	115	3

Herbalife Products			
Food Item	Serving Size	Calories	Fiber (g)
Active Fiber Drink Mix	1 ½ tsp	20	5
FloraFiber	1 tablet	0	0.9
21 Day Cleansing Program	2 tablets	0	N/A
Thermo-Bond	1 tablet	0	0.3
Formula 1 Instant Meal	2 scoops	90	3

dietary fiber sources

Fiber foods

tables & charts (cont'd)

Cooked Vegetables			
Food Item	Serving Size	Calories	Fiber (g)
Acorn squash, baked	1 c	85	6
Artichoke	1 medium	60	6
Asparagus	1 c	45	4
Beets	1 c	75	3
Broccoli	1 c	45	5
Brussels sprouts	1 c	60	4
Cabbage	1 c	35	4
Cauliflower	1 c	30	3
Carrots	1 c	70	5
Celery, diced	1 c	20	2
Chinese cabbage	1 c	20	3
Collard greens	1 c	50	5
Corn	1 ear	75	2
Eggplant	1 c	30	3
Green beans	1 c	45	4
Green peas	1 c	140	8
Kale	1 c	35	3
Leeks	1 c	30	1
Mushrooms	1 c	40	3
Mustard greens	1 c	20	3
Onion	1 c	105	4
Pumpkin	1 c	50	3
Red cabbage	1 c	30	3
Spinach	1 c	40	4
Sweet potato	1 c	200	4
Swiss chard	1 c	20	2
Tomato juice	1 c	40	1
Tomato sauce/puree	1 c	100	5
Tomato soup, made with water	1 c	85	0
Tomato vegetable juice	1 c	45	2
Tomatoes	1 c	70	3
Turnip greens	1 c	30	5
Winter squash, baked	1 c	70	7
Zucchini with skin	1 c	30	3

Raw Vegetables			
Food Item	Serving Size	Calories	Fiber (g)
Cabbage	1 c	20	2
Carrots	1 c	50	4
Cucumber	1 c	15	1
Endive	1 c	10	2
Green pepper, chopped	1 c	30	2
Red pepper, chopped	1 c	30	2
Yellow pepper, chopped	1 c	30	2
Romaine lettuce	1 c	10	1
Spinach	1 c	10	1
Tomatoes, chopped	1 c	40	2

Fruits			
Food Item	Serving Size	Calories	Fiber (g)
Apple	1 medium	75	3
Apricots	3 whole	50	3
Avocado	¼ average	80	2
Banana	1 small	100	3
Blackberries	1 cup	75	8
Blueberries	1 cup	110	5
Cantaloupe	1 c cubed	55	1
Cherries	20	80	2
Grapes	1 cup	115	2
Grapefruit	½ fruit	40	2
Honeydew melon	1 c, cubed	60	1
Kiwi	1 large	55	3
Mango	½ large	80	3
Nectarine	1 large	70	2
Orange	1 large	85	4
Papaya	½ large	75	3
Peach	1 large	70	3
Pear	1 medium	100	4
Pineapple	1 c, diced	75	2
Plums	2 small	70	2
Strawberries	1 c, sliced	50	4
Tangerine	1 medium	45	3
Watermelon	1 c balls	50	1