

There are 2 types of fiber. **Soluble fiber** absorbs moisture which thickens stool (poop). **Insoluble fiber** passes through your body undigested, helping our intestine move. Natural plant foods have both types.

- Helps you feel full for a longer time
- Lowers blood sugar
- May help or prevent constipation
- Supports healthy gut bacteria (microbiome)
- Lowers unhealthy LDL cholesterol
- Reduces the risk of heart disease and colon cancer



- **Work your way up:** Add no more than 5 grams to your diet each week.
- **Add small amounts of fiber throughout the day,** to comfortably reach your goal.

- **Drink plenty of water each day!**
- **Listen to your body:** Some gastrointestinal conditions can make it challenging to eat high-fiber foods. Talk with your provider about foods that may work best for you.
- **Talk to your provider:** High-fiber foods can have high amounts of potassium, phosphorus, and sodium. Follow the guidance from your dietitian and medical team

- **Eat plenty of vegetables and fruits every day.** Fresh fruit is a delicious dessert choice! Avoid juices.
- **Choose brown or wild rice.** These have more fiber than white rice.
- **Add whole grains.** Add lentils and beans to salads or soup. Add Grape Nuts or chia to yogurt and salad.

- **For cereal, bread, and crackers:** Choose items where the ingredient list starts with the word “whole”. Some items may have labels like *multigrain* or *21 grain* - but you must check the ingredients.
- **Look for foods with at least 3 grams of fiber per serving.** Choose cereal with 5 grams per serving.
- **Don't eat too much fiber:** Avoid packaged foods with more than 7 grams of fiber per serving. Many Keto or Net Carb, Low Carb foods with excessive fiber may cause constipation.



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Food		Serving Size	Fiber
Cereal	Ezekiel sprouted cereal Original	½ cup	6g
	Ezekiel Golden Flax cereal	½ cup	6g
	Ezekiel Almond cereal	½ cup	6g
	Grape Nuts (Post)	¼ cup	3.5g
Bread	Ezekiel sprouted bread	1 slice	6g
	Sprouted Grain and Legume bread Simple Truth organic	1 slice	4g
	Mestemacher Sunflower Seed Bread with rye	1 slice	6g
	Dave's Killer Whole Grains	1 slice	5g
	Dave's Killer Thin Whole Grain	1 slice	3g
Oats	Oat Bran	1/3 cup dry	6g
	High Protein and Fiber, Cinnamon Oats	1 packet	6g
	Steel Cut Oats	¼ cup dry = 1 cup cooked	5g
	Old Fashioned oats	½ cup dry = 1 cup cooked	4g
	Rolled Oats	½ cup dry = 1 cup cooked	3g
	Instant Maple Oats	1 packet	3g
Beans, Legumes, Lentils	Navy	½ cup cooked	9.6g
	Small white	½ cup cooked	9.3g
	Yellow	½ cup cooked	9.2g
	Adzuki	½ cup cooked	8.4g
	French beans	½ cup cooked	8.3g
	Split peas	½ cup cooked	8.2g
	Lentils	½ cup cooked	7.8g
	Lupini	½ cup cooked	7.8g
	Mung	½ cup cooked	7.7g
	Pinto	½ cup cooked	7.7g
	Cranberry (roman) beans	½ cup cooked	7.6g
	Black	½ cup cooked	7.5g
	Chickpeas (garbanzo)	½ cup cooked	6.3g
Pasta	The Only Bean (made from soy)	2 oz. = 1.5 cups cooked	10g
Rice	Wild	¼ cup dry = ¾ cup cooked	3.0g
	Brown	¼ cup dry = ¾ cup cooked	2-3g
Nuts and Seeds	Sunflower, Chia, Flax seeds	1 Tbsp (1 oz)	3-4g
	Almonds, Peanuts, Mixed nuts,	¼ cup (1 oz)	3-4g
	Avocado, Hummus	1/3 rd , ¼ cup	3-4g

Food		Serving Size	Fiber
Vegetables	Brussel's sprouts	½ cup cooked	3.2g
	Sweet potato	½ cup cooked	3.2g
	Squash (winter type = orange/yellow)	½ cup cooked	3.2g
	Parsnips	½ cup cooked	3.1g
	Jicama	½ cup fresh	3.0g
	Collard greens	½ cup cooked	3.0g
	Cauliflower	½ cup cooked	2.0g
	Broccoli	½ cup cooked	2.6g
	Turnip greens	½ cup cooked	2.5g
	Carrots	½ cup cooked	2.4g
	Kale	½ cup cooked	2.3g
	Green Peas	½ cup cooked	2.2g
	Snow peas	½ cup cooked	2.2g
	Spinach	½ cup cooked	2.1g
	Beet greens	½ cup cooked	2.1g
	Cabbage, red cooked	½ cup cooked	2.0g
Fruit with edible skin and seeds	Pear	1 medium	5.5g
	Asian Pear	1 medium	5.5g
	Guava	½ cup	4.4g
	Raspberries	½ cup	4.0g
	Blackberries	½ cup	4.0g
	Pomegranate seeds	½ cup	4.0 g
	Figs, dried	¼ cup	4.0g
	Apple with skin	1 small	3.6g
	Dates	¼ cup	3.0g
	Prunes or dried plum	¼ cup	2.8g
	Kiwi	1 fruit	2.7g
	Orange	1 medium	2.3g
	Grapefruit	½ fruit	2.0g
	Tangerine (Tangelo)	1 fruit	1.6g
	Banana	½ medium	1.5g
	Apricots fresh	½ cup	1.5g
	Strawberries	½ cup	1.5g
	Mandarin orange fresh	1 fruit	1.3g

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.