

Fiber From Fruit

- Add fruits such as blueberries, strawberries or banana to your morning cereal.
- Keep ready-to-eat fruits in your home for easy snacking.
- Replace dessert with a bowl of fruit or fruit salad.
- If you can, eat the peel/skin of the fruit because it contains the most fiber.
- Frozen fruit contains as much fiber as fresh fruit. Choose the unsweetened varieties.
- Some canned fruits may have less fiber than fresh or frozen fruit, but it is still a good choice!

Food	Serving size	Total fiber (grams)
Raspberries	1 cup	8.0
Pear, with skin	1 medium	5.5
Apple, with skin	1 medium	4.4
Banana	1 medium	3.1
Orange	1 medium	3.1

Sources: Academy of Nutrition & Dietetics, USDA Food Composition Database

Fiber From Whole Grains & Nuts

- Look for whole grain cereals. Switching your breakfast cereal from corn flakes to bran flakes can add an extra 6 grams of fiber to your diet.
- Replace white rice, bread and pasta with whole grain products.
- When baking at home, substitute whole grain flour for half or all of the white flour.
- Snack on unsalted nuts, add them to oatmeal or make your own trail mix.

Food	Serving size	Total fiber (grams)
Spaghetti, whole wheat	1 cup	6.3
Barley	1 cup	6.0
Bran flakes	3/4 cup	5.5
Almonds	1 oz	4.0
Whole Wheat bread	1 slice	4.0
Oatmeal, instant	1 cup	4.0
Brown rice	1 cup	3.5

Fiber From Vegetables & Legumes

- Bulk up soups and salads by adding vegetables and beans.
- Choose vegetables as snacks.
- Eat the peel/skin of the vegetable because it contains the most fiber.
- Frozen vegetables contain as much fiber as fresh. Choose frozen options without sauces.
- Some canned vegetables may have a little less fiber than fresh or frozen, but it's still a good option!

Food	Serving size	Total fiber (grams)
Legumes		
Split peas	1 cup	16.3
Lentils	1 cup	15.6
Black beans	1 cup	15.0
Lima beans	1 cup	13.2
Baked beans	1 cup	10.4
Vegetables		
Artichoke	1 med	10.3
Green peas	1 cup	8.8
Collard greens	1 cup	7.5
Broccoli	1 cup	5.1
Baked potato, with skin	1 med	3.8

How Much Fiber Do We Need?

Most adults only get half the recommended amount of fiber each day.

Recommended Amounts for Adults

51 years or older:

Women = 21 grams of fiber per day

Men = 30 grams of fiber per day

- Getting enough fiber improves our health in many ways:
 - Prevents constipation
 - Promotes a healthy weight by making you feel full longer
 - Lowers cholesterol
 - Keeps blood sugar in a healthy range
- Good sources of dietary fiber include whole grains, fruits, vegetables, beans, peas, nuts and seeds.
- As you increase your fiber, do it gradually and drink plenty of water.

Sources: Academy of Nutrition & Dietetics, USDA

The Onondaga County
Department of
Adult and Long Term Care
Services

Office for Aging

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www.ongov.net



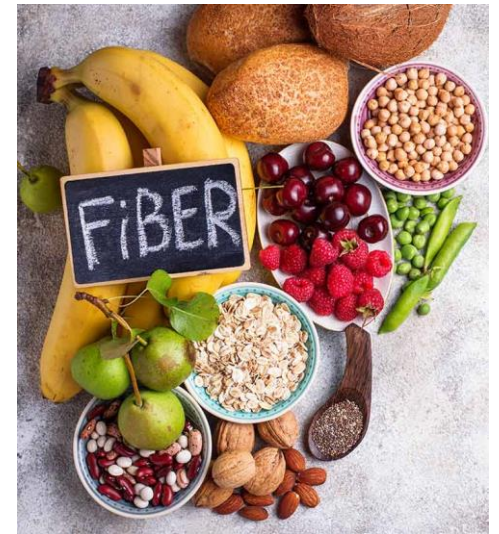
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In case of a life threatening
emergency – Call 911

Fiber Fun Facts



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