

Evaluating Fabulous Fiber in Your Diet

Let's all aim for at least 30 grams or 1 ounce of fiber to help promote wellness. Good Luck!

Here is an example of 30 grams of fiber:

- One slice of bread = One serving size
- ½ cup of whole grain pasta= One serving size
- ½ cup of rice = one serving size
- 1 cup of high fiber cereal = one serving size
- 4-6 servings of fresh fruit
- 4-6 servings of vegetables
- 1 cup of raw veggies or ½ cup of cooked veggies = one serving size
- ½ cup of dried beans=one serving size

Grams/Oz. Fiber	Food Item	Day 1	Day 2	Day 3
15g/ .53 oz.	<ul style="list-style-type: none"> • 1cup of kidney beans 			
10g/.35 oz.	<ul style="list-style-type: none"> • ½ cup wheat or oat bran • 1 cup split peas • 1 ¼ cup lentils • ¾ cup navy beans • ¼ cup ground flaxseed 			
5g/ .18 oz.	<ul style="list-style-type: none"> • ½ cup cooked dried beans, peas or lentils • 1 serving of a high fiber wheat bran cereal 			
2g/ 0.7 oz.	<ul style="list-style-type: none"> • 1 serving of a fruit or vegetable • 1 serving of any whole grain food • 1 cup of oatmeal • 1 slice of whole grain pasta • 1/2 cup whole grain bagel • 1 slice rye crisp cracker • 1/2 cup cooked brown rice 			
1g / .035 oz.	<ul style="list-style-type: none"> • 1 serving of refined grain • 10 almonds • 20 filberts 			
		Total:	Total:	Total:
		3 day average		

Chart from: **The Complete Natural Medicine Guide to Breast Cancer** by Sat Durham Kaur