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**Fiber in diet**

The amount of fiber that adults should have in their diet is about 20-35 grams per day.

**Each of the following high-fiber foods have five or more grams of fiber:**

* + Five dried prunes.
  + One-third cup of All Bran®.
  + One cup of blueberries.
  + One-half cup of cooked barley.
  + One-half cup of cooked dried beans, peas, or legumes.
  + One-third cup of Fiber One®.
  + One-half cup of fresh, frozen, or canned green peas.
  + One-half cup of stewed prunes.
  + One cup of whole wheat pasta.
  + One medium raw apple with skin.
  + One medium raw pear with skin.
  + One ounce of almonds.
  + Ten figs or dates.
  + Ten pods of snowpeas.
  + Three cups of air-popped popcorn.
* **Each of the following medium-fiber foods have two to four grams of fiber:**
  + One-half of a cooked potato with skin.
  + One-half cup of cooked brown rice.
  + One-half cup of fresh or frozen broccoli.
  + One-half cup of Grapenuts Flakes®.
  + One cup of oatmeal.
  + One-half cup of raw carrots.
  + One-third cup of (bite size) Shredded Wheat®.
  + One cup of strawberries.
  + One medium raw apple with no skin.
  + One slice of rye bread.
  + One slice of whole wheat bread.
  + One small bran muffin.
  + One small orange.
  + One-half of a sweet potato with skin.
  + Three graham wafers.
  + Two tablespoons of smooth, crunchy peanut butter.

**What other diet guidelines should I follow?**

* Add fiber to your diet slowly. Adding a lot of fiber to your diet too quickly may cause abdominal (stomach) discomfort, bloating and gas.
* Drink plenty of liquids when adding fiber to your diet. You should drink at least eight (8-ounce) cups of water per day. If you do not drink enough water, you may have constipation.

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