

Week Four:

Nutrition Strategy: Add in Oatmeal and Increase your Fiber Intake

Recommended 20-30 grams fiber per day with a minimum of 48 grams whole grain per day

FIBER CONTENT OF FOODS

FRUITS: ABOUT 2 GRAMS OF FIBER PER SERVING

Apple, 1 small	Orange, 1 small
Banana, 1 small	Peach, 1 medium
Strawberries, ½ cup	Pear, ½ small
Cherries, 10 large	Plums, 2 small

GRAINS AND CEREALS: ABOUT 2 GRAMS FIBER PER SERVING

Whole wheat bread, 1 slice	All Bran, 1 Tbsp
Rye bread, 1 slice	Cracked wheat, bread, 1 slice
Oatmeal, dry, 3 Tbsp	Shredded Wheat, ½ biscuit
Wheat bran, 1 tsp.	Grape-Nuts, 3 Tbsp
Barley, ½ cup	
Quinoa – 3 grams fiber per ¼ cup dry	

VEGETABLES: ABOUT 2 GRAMS FIBER PER SERVING (COOKED)

Broccoli, ½ stalk	Lettuce, raw, 2 cups
Brussel Sprouts, 4	Green Beans, ½ cup
Carrots, 1/3 cup	Sweet Potato, ½ medium
Celery, 1 cup	Tomato, raw, 1 medium
Corn on the cob, 2 inch piece	

LEGUMES: ABOUT 8 GRAMS FIBER PER PORTION

Garbanzo beans, ½ cup	Kidney Beans, ½ cup
Black Beans, ½ cup	
Soybeans – 5 grams fiber per ½ cup	

MISCELLANEOUS: ABOUT 1 GRAM FIBER PER PORTION

Peanut Butter, 2 ½ tsp.	Pickle, 1 large
Peanuts, 10 nuts	Strawberry jam, 5 Tbsp.
Walnuts, ¼ cup	