

WAYS TO INCREASE FIBER IN THE DIET

By replacing a **Current Choice** with the **New Choice** illustrated below, fiber intake can be nudged higher with each selection.*

GRAINS

Current Choice	Portion Size	Fiber (grams)	New Choice	Portion size	Fiber (grams)
Bagel, pumpernickel	3.5" diameter	3	Bagel, whole wheat	3.5" diameter	8
Bread, whole wheat	1 ounce slice	3	Bread, whole wheat with added fiber	1 ounce slice	7
Pasta, white	2 ounces, dry	1	Pasta, with added fiber	2 ounces, dry	6
Corn Flakes	1 ounce	1	Bran Flakes	1 ounce	5
Tortilla, flour	1 ounce	0	Tortilla, whole wheat	1 ounce	2

VEGETABLES

Current Choice	Portion Size	Fiber (grams)	New Choice	Portion size	Fiber (grams)
Yam, cubed without skin	½ cup	2	Yam, cubed with skin	½ cup	4
Spinach	½ cup	2	Collard Greens	½ cup	4
Hearts of Palm, canned	3 pieces	2	Artichoke Hearts, canned	3 pieces	3
Tomato Juice	1 cup	1	Vegetable Juice	1 cup	2
Zucchini Squash	1 cup	2	Acorn Squash	1 cup	6
Lima Beans	½ cup	4	Edamame, shelled	½ cup	9

FRUITS

Current Choice	Portion Size	Fiber (grams)	New Choice	Portion size	Fiber (grams)
Strawberry Milkshake	8 ounces	< 1	Strawberry Smoothie	8 ounces	3

Peach	medium	2	Pear	medium	5
Pineapple	1 cup	2	Kiwi	1 cup	5
Fruit Leather	1 ounce	0	Apricots, dried	1 ounce	2
Grapes	1 cup	1	Raspberries	1 cup	8
Jam, concord grape	1 tablespoon	0	Jam, concord grape with added fiber	1 tablespoon	3

BEANS, NUTS & SEEDS

Current Choice	Portion Size	Fiber (grams)	New Choice	Portion size	Fiber (grams)
Tofu, firm	½ cup	3	Split peas, cooked	½ cup	8
Peanuts	1 ounce	2	Almonds	1 ounce	4
Black-eyed peas	½ cup	5	Navy beans	½ cup	9
Sesame seeds	1 tablespoon	1	Chia Seeds, dried	1 tablespoon	4
Sunflower Seeds	1 ounce	3	Pumpkin Seeds	1 ounce	5
Butter, salted	2 tablespoons	0	Peanut Butter, creamy	2 tablespoons	2

* Values are averages for similar items and rounded to the nearest whole number.