

FIBER FOCUS FOR SENIORS

Sources of Dietary Fiber

| FOOD | SERVING SIZE | AMOUNT OF FIBER (grams) |
|-------------------|----------------|-------------------------|
| Wheat Bran Cereal | 1 ounce | 8 g |
| Oatmeal | 1 cup cooked | 4g |
| Wheat Flakes | 1 ounce | 3 g |
| Wheat Bran Muffin | 1 average size | 2.5 g |
| Whole Wheat Bread | 1 slice | 2 g |
| Spaghetti | _ cup cooked | 1.1 g |
| Graham Crackers | 4 | .7 |
| White Bread | 1 slice | .5 |
| White Rice | _ cup | .4 |

Other Sources of Dietary Fiber:

Fruits:

- Apples with skin
- Bartlett pears with skin

Vegetables:

- Baked potato with skin
- Whole kernel corn

Beans & Nuts:

- Almonds with skin
- Kidney beans
- Lima beans

Information adapted from "Dietary Fiber Facts" http://kelloggs.com/nutrition/fiber/fiber_sources.html 7 Jan 2004 and "Kids at Heart" http://wheatfoods.org/grains/grain_info/kidsatheart.html

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