



## *How Much Fiber ?*

How much fiber does your diet contain? The American Dietetic Association and the National Cancer Institute recommend a fiber intake of 20 to 35 grams per day. By eating more whole grains, cereals, fruits, vegetables, nuts and, legumes you will increase the fiber in your diet. Assess your diet for fiber content by completing the following form:

| How often do you eat ?   | seldom<br>or never | 1-2 x<br>a week | 3-4 x<br>a week | almost<br>daily |
|--|--------------------|-----------------|-----------------|-----------------|
| Whole wheat bread<br>(3 grams per slice)                         |                    |                 |                 |                 |
| Bran cereal<br>(4-10 grams per 2/3 cup)                          |                    |                 |                 |                 |
| Brown rice<br>(3 grams per 1/2 cup)                              |                    |                 |                 |                 |
| Fruits with skins<br>(~3 grams per piece)                        |                    |                 |                 |                 |
| Legumes, i.e. cooked beans or peas<br>(~5 grams per 1/2 cup)     |                    |                 |                 |                 |
| Raw, fresh vegetables<br>(~2 grams per 1/2 cup)                  |                    |                 |                 |                 |
| Starchy vegetables e.g. potato, squash<br>(~3 grams per 1/2 cup) |                    |                 |                 |                 |

If more checks fall on the right side of the box, your fiber intake is probably at or near recommended levels.

Nutrient Analysis: Nutritionist 3, Version 4.0, N-Square Computing, 3040 Commercial St. SE, Salem, OR 97302, 1988.

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