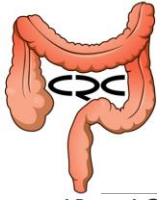


Kota R. Venkatesh, MD, FACS, FASCRS

www.crcatlanta.com

Phone: 770-495-0799

Fax: 770-495-0783



3905 Johns Creek Court  
Suite 200  
Suwanee, GA 30024

761 Walther Road  
Suite 300  
Lawrenceville, GA 30046

Colon and Rectal Clinic

**Fiber Chart**

**Daily Requirement 25-35 grams/Day.**

**Please drink eight 8 ounce glasses of water/Day**

	<b>Serving</b>	<b>Fiber per serving (grams)</b>	<b>Calories per serving</b>					
<b><u>Vegetables</u></b>				Eggplant, raw	½ cup	2.5	16	
				Lettuce	1 cup	0.8	5	
				Okra	½ cup	1.6	13	
				Onions, raw	½ cup	1.2	14	
	Acorn squash	1 cup	7.0	82	Peas, canned	½ cup	6.7	63
	Asparagus	½ cup	3.5	18	Potatoes			
	Artichoke	1 small	2.4	44	Sweet	½ med.	2.1	79
	Bean Sprouts	½ cup	1.5	13	White	½ med.	1.9	72
	Beans				Radishes	½ cup	1.3	7
	Kidney	½ cup	9.7	94	Squash, acorn	1 cup	7	8.2
	Lima	½ cup	8.3	63	Tomato, raw	1 small	1.5	18
	Navy	½ cup	8.4	80	Turnip	½ cup	2	12
	Pinto	½ cup	8.9	78	Zucchini	½ cup	2	8
	String	½ cup	2.1	10				
	Broccoli	½ cup	3.5	18				
	Brussels sprouts	½ cup	2.3	20				
	Cabbage	½ cup	2.1	10				
	Carrots, raw	½ cup	1.8	15				
Cauliflower	½ cup	1.6	14					
Celery, raw	½ cup	1.1	8					
Corn	½ med.	2.6	72					
				<b><u>Fruits</u></b>				
				Apple	1 large	4.5	80-100	
				Apricot	1 whole	0.8	17	
				Avocado	½ med.	3.2	165	
				Banana	½ med.	1.5	48	
				Cherries	10 large	1.1	38	
				Grape fruit	1/2	0.8	30	

Grapes	20	1	70
Honeydew melon	3" slice	1.5	42
Orange	1 large	2.4	70
Peach	1 med.	2.3	38
Pear	½ med.	2	44
Pineapple	½ cup	0.8	41

Plums	3 small	1.8	38
Raspberries	1 cup	9.2	42
Strawberries	1 cup	3.1	45
Prunes	3	1.9	122
Cantaloupe	¼	1	38

### Grains and Rice

#### Bread

Rye	1 slice	0.7	71
French	1 slice	0.7	71
White	1 slice	0.7	64
Whole wheat	1 slice	1.3	59
High bran "health"	1 slice	3.5	70

#### Cereal

All Bran (100%)	1/3 cup	8.4	70
Corn Flakes	3/4 cup	2.6	70
Shredded Wheat	1	2.8	70
Wheaties	biscuit ¾ cup	2.6	73

#### Crackers

Graham	2	1.4	53
	squares		
Saltine	3 cups	0.8	76
Rye	3	2.3	64
	wafers		

#### Nuts

Chestnuts	3 oz.	2.5	377
-----------	-------	-----	-----

Macadamias	3 oz.(36	2.5	654
	nuts)		
Peanuts	3 oz.	2.4	516
	(120		
	nuts)		
Walnuts	3 oz.	3.8	588
	(70		
	nuts)		

<b><u>Popcorn</u></b>	3 cups	3	62
-----------------------	--------	---	----

#### Rice

Brown	1/3 cup	1.6	72
White	1/3 cup	0.5	76

#### Muffins

English (Whole wheat)	1	3.7	125
Bran, Whole wheat	2	4.6	136

#### Noodles

Whole wheat egg	1 cup	5.7	200
Spinach whole wheat	1 cup	6	200

---