



Metamucil

Pill
Powder
Cookie



Citrucel



Take one teaspoon with 8 ounces of water.



Once a day



Twice a Day



Fiber is not a laxative. It works by changing the consistency of your stool.

The dose you take today affects the bowel movement 2 days from now.



FIBER GUIDE

Food	Size of Serving	Dietary Fiber Gram/Serving	Calories/ Serving	Food	Size of Serving	Dietary Fiber Gram/Serving	Calories/ Serving
Vegetables (cooked)				Fruits (continued)			
Artichoke	1 globe	6.5	60	Grapefruit	1 medium	2.8	82
Asparagus	½ cup	1.8	25	Grapes	1 cup	1.6	114
Beans:				Orange	1 medium	3.1	62
Green (canned)	½ cup	1.3	14	Pear (with peel)	1 medium	4.0	98
Kidney	½ cup	5.7	14	Pineapple	1 cup	1.9	76
Lima	½ cup	6.1	35	Plums	1 medium	1.0	36
Pinto	½ cup	7.4	11	Prunes (dried)	1 cup	11.4	386
White	½ cup	5.5	122	Raspberries	1 cup	8.4	60
Beets	½ cup	1.6	7	Strawberries	1 cup	3.4	45
Broccoli	½ cup	2.8	26	Watermelon	1 slice	0.8	51
Cabbage	½ cup	2.1	16				
Cabbage (raw)	½ cup	0.9	9	Grain Products and Others:			
Carrots	½ cup	2.6	35	Bread:			
Cauliflower	½ cup	2.0	17	French	1 slice	0.8	68
Cauliflower (raw)	½ cup	1.7	13	Rye	1 slice	1.5	67
Celery (raw)	½ cup	1.0	10	White	1 slice	0.6	67
Corn	½ cup	2.0	66	Whole Wheat	1 slice	2.0	70
Cucumber (raw)	½ cup	0.4	7	Cereal:			
Eggplant	½ cup	1.2	13	Bran	1 ounce	9.7	70
Green Peas	½ cup	4.4	62	Corn Flakes	1 ounce	1.0	110
Lettuce (raw)	½ cup	0.4	4	Oat Bran	1 ounce	4.3	69
Onions (raw)	½ cup	1.4	30	Oatmeal	1 ounce	3.0	109
Potato (Baked with skin)	½ cup	1.5	66	Shredded Wheat	1 ounce	2.8	102
Spinach	½ cup	2.7	25	Crackers:			
Tomato (raw)	½ cup	1.0	19	Graham	1 square	0.1	27
Zucchini	½ cup	1.3	14	Saltine	1 regular	0.1	13
Fruits (raw)				Rice:			
Apple (with peel)	½ cup	3.7	81	Brown (cooked)	½ cup	1.8	108
Apricots	1 cup	3.7	74	White (cooked)	½ cup	0.3	103
Banana	1 medium	2.7	105	Spaghetti (dry)			
Blackberries	1 cup	7.2	75	Almonds (roasted)	½ cup	6.4	351
Blueberries	1 cup	3.9	81	Peanuts (roasted)	½ cup	6.1	388
Cantaloupe	1 cup	1.3	56				

****Nutrition experts recommend 20-35 grams of dietary fiber daily***