



## How much fiber do I need?

- Most people need about 25-30 grams of fiber a day.
- Eat foods with fiber throughout the day to get all of the fiber you need.
- Slowly add more foods with fiber to your diet until your body is used to it.

**Use the chart to find out which foods have fiber and how much you should eat.**

Foods rich in fiber	Serving size	Grams of fiber
Avocados	1 cup	10
Oatmeal	1/2 cup	4
Kellogg's All Bran Flakes	3/4 cup	20
Cooked black beans	1/2 cup	7.5
Cooked lentils	2/3 cup	10.4
Raspberries	1/2 cup	4
Pear with skin	1 medium	5.2
Prune	1/4 cup	4.6
Quinoa	1 cup	5
Artichokes	1 medium	7
Sliced almonds	1 cup	11
Chia seeds	1 ounce	10
Flax seeds	1 tablespoon	3
Potato with the skin	1 medium	4.4
Brown rice	1/2 cup	3
Broccoli	1 cup	4
Winter squash	1 cup	5.7

**Talk to your CHN nutritionist to learn more!**