

**Willard Bertrand, D.C.**  
*Chiropractic Physician in General Practice*

BCIA Board Certified  
 Biofeedback Practitioner  
 Board Registered  
 Home Birth Provider

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Board Registered  
 Minor Surgeon  
 Certified Clinical  
 Nutritionist

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Fiber in Food  
 You need 30 to 40 grams per day

Item	Grams Fiber	Serving	Item	Grams Fiber	Serving
Apple	4	1 large	Cornbread	4	1/2"square
Artichoke	4	1 medium	Ear Corn	6	1 large
Banana	4	1 large	Fig, Dried	4	1 big
Beans (pinto, kidney, etc.), cooked	8	1/2 cup	Fruits, unless listed elsewhere	2	1/2 cup
Bran	4	2 Tbsp	Grape Nuts Flakes	2	1/2 cup
Bran Muffin	2	1 medium	Green Peas	8	1/2 cup
Bread, Seven Grain	6	2 slices	Greens, cooked	4	1/2 cup
Bread, Whole Wheat	2	2 slices	Lentils, cooked	4	1/2 cup
Bread, Whole Wheat Meal (heavy duty)	4	2 slices	Nuts	2	1 Tbsp
Broccoli	4	1/2 cup	Oatmeal, cooked	8	1 cup
Brown Rice	6	1 cup	Pasta (whole wheat)	2	1 cup
Brown Rice, cooked	2	1 cup	Pasta (whole wheat)	6	1 cup
Brussel sprouts	4	1 cup	Peanut Butter	2	1 Tbsp
Buckwheat groats	8	1 cup	Popcorn, air popped	2	2 cup popped
Bulgur, cooked	8	1 cup	Potato, baked with skin	4	1 medium
Carrots, cooked	6	1/2 cup	Seeds	2	1 Tbsp
Cereal, 100% Bran Flakes	4	1/2 cup	Shredded Wheat, (spoonsize)	2	1/2 cup
Cereal, All Bran	8	1/2 cup	Shredded Wheat, Biscuit	2	1 biscuit
Cereal, Bran Buds	8	1/2 cup	Strawberries	4	1 cup
Cereal, Bran Chex	6	1/2 cup	Sweet Potato (medium)	2	1/2 medium
Cereal, Fruit & Fiber	4	1/2 cup	Triscuits	2	2
Cereal, Grapenuts	4	1/2 cup	Veggies, Cooked unless listed elsewhere	2	1/2 cup
Cereal, Puffed Wheat	4	1 cup	Veggies, Raw	2	1 cup
Corn Tortilla	2	1	Wheates	2	1/2 cup
			Winter Squash	2	1/2 cup
			Yam	8	1 large