

Fiber Assessment

Here's a quick test to see how much fiber you're getting in your daily diet. Give yourself the point value for each of the foods listed that you eat in an average day.

FOOD ITEM	FOR EACH	GIVE YOURSELF POINTS	TOTAL
<i>Kellogg's</i> ® All-Bran® Extra Fiber	1/2 cup	13	
<i>Kellogg's</i> ® All-Bran® Bran Buds®	1/3 cup	13	
<i>Kellogg's</i> ® All-Bran® Original	1/2 cup	10	
<i>Kellogg's</i> ® Raisin Bran®	1 cup	8	
Baked Beans	1/2 cup	8	
<i>Kellogg's</i> ® Mini-Wheats®	24 biscuits	6	
Lentils	1/2 cup	8	
Black or Pinto Beans	1/2 cup	8	
Chickpeas	1/2 cup	6	
Whole Grain Egg Noodles	1 cup	6	
<i>Morningstar Farms</i> ™ Garden Veggie® Pattie	1 burger	6	
Corn on the Cob	1 medium	5	
<i>Kellogg's</i> ® Complete® Wheat Bran	3/4 cup	5	
Raspberries	1/2 cup	5	
<i>Kellogg's</i> ® Complete® Oat Bran	3/4 cup	4	
Oatmeal	1 cup	4	
Pear with skin	1 medium	4	
Apple with skin	1 medium	4	
Apricots	1/3 cup	4	
Dried Figs	2	4	
Peas	1/2 cup	4	

FOOD ITEM	FOR EACH	GIVE YOURSELF POINTS	TOTAL
Baked Potato with skin	1 medium	4	
Baked Sweet Potato no skin	1 medium	4	
Buckwheat Pancakes	(4) 4" pancakes	4	
Strawberries	1 cup	4	
White Beans	1/2 cup	4	
Blackberries	1/2 cup	4	
Artichoke Hearts	5 small	4	
7 Grain Bread	1 slice	4	
Beets	3 small	4	
Rye Bread	1 slice	3	
Whole Grain Bread	1 slice	3	
Brussel sprouts	1/2 cup	3	
Cooked Carrots	1/2 cup	3	
Orange	1 medium	3	
Banana	1 medium	3	
Cherries	1 cup	3	
Kiwi	1 large	3	
Dry Roasted Peanuts	1/4 cup	3	
Popcorn	3 cups	3	
Broccoli	each stalk	3	
Cabbage (cooked)	2/3 cup	3	
Spaghetti or other pasta	1 cup	2	
Wheat crackers	16 crackers	2	
Peach	1 medium	2	
Almonds sliced	1/4 cup	2	
Other fruits and vegetables w/skin	various	1	
Other breads	1 slice	1	
Other cereals	various	1 per gram of fiber	
TOTAL		Women - 25 points +/-	Men - 38 points +/-

Source: Enker W. Bowel function & dietary fiber. Continuum Health Partners. 2004.

* Based on the National Academy of Sciences recommendation, 2002.