



Metamucil

Pill
Powder
Cookie

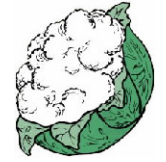
Sugar-free/ Regular

Take one level teaspoon/ tablespoon with 8-12 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	Serving Size	Fiber Gram/Serving	Calories/ Serving	Food	Serving Size	Fiber Gram/Serving	Calories/ Serving
Vegetables:				Fruits:			
Artichoke	1 globe	6.0	60	Grapefruit	1 medium	3.0	80
Asparagus	1/2 cup	2.0	25	Grapes	1 cup	1.5	115
Beans:				Orange	1 medium	3.0	60
Green	1/2 cup	1.2	15	Pear	1 medium	4.0	100
Kidney	1/2 cup	5.5	115	Pineapple	1 cup	2.0	75
Lima	1/2 cup	6.0	85	Plums	1 medium	1.0	35
Pinto	1/2 cup	7.5	120	Prunes	1 cup	11.5	375
White	1/2 cup	5.5	120	Raspberries	1 cup	8.5	60
Beets	1/2 cup	1.6	40	Strawberries	1 cup	3.5	45
Broccoli	1/2 cup	2.8	25	Watermelon	1 slice	1.0	50
Cabbage	1/2 cup	2.0	15	Grain Products and Nuts:			
Cabbage	1/2 cup	0.8	10	Bread:			
Carrots	1/2 cup	2.5	35	French	1 slice	1.0	70
Cauliflower	1/2 cup	2.0	15	Rye	1 slice	1.5	70
Cauliflower	1/2 cup	1.2	12	White	1 slice	0.5	70
Celery	1/2 cup	1.0	10	Whole Wheat	1 slice	2.0	70
Corn	1/2 cup	2.0	65	Cereal:			
Cucumber	1/2 cup	0.4	7	Bran	1 ounce	10.0	70
Eggplant	1/2 cup	1.2	12	Corn Flakes	1 ounce	1.0	110
Green Peas	1/2 cup	4.5	60	Oat Bran	1 ounce	4.0	70
Lettuce	1/2 cup	0.4	5	Oatmeal	1 ounce	3.0	110
Onions	1/2 cup	1.5	30	Shredded Wheat	1 ounce	3.0	100
Potato	1/2 cup	1.5	65	Crackers:			
Spinach	1/2 cup	2.7	25	Graham	1 square	0.1	30
Tomato	1/2 cup	1.0	20	Saltine	1 regular	0.1	15
Zucchini	1/2 cup	1.2	15	Rice:			
Fruits:				Brown	1/2 cup	2.0	110
Apple	1/2 cup	4.0	80	White	1/2 cup	0.5	100
Apricots	1 cup	4.0	75	Spaghetti	2 ounces	2.0	225
Banana	1 medium	3.0	105	Almonds	1/2 cup	6.5	350
Blackberries	1 cup	7.0	75	Peanuts	1/2 cup	6.0	390
Blueberries	1 cup	4.0	80	<i>*Experts recommend 35 grams of dietary fiber daily</i>			
Cantaloupe	1 cup	1.2	55				