

Calculate Your Daily Fiber Intake

To estimate your average daily fiber intake, download this chart and print it out (you can find it at workman.com/thediabetesreset) or make a photocopy, and use the approximations listed in each category.

CEREALS	GRAMS OF FIBER PER SERVING	SERVINGS YOU EAT PER DAY	TOTAL GRAMS PER DAY
LOW-FIBER CEREALS Baked oat cereals, oatmeal, wheat flakes (½–¾ cup)	2–3		
MODERATE-FIBER CEREALS Bran flakes, shredded wheat, oat bran (½–¾ cup)	4–5		
HIGH-FIBER CEREALS Fiber One, All-Bran, 100% Bran, Bran Buds (½–½ cup)	8–12		
BREADS AND CRACKERS Whole-grain or whole wheat (1 serving/1 slice/1 ounce)	2–3		
GRAINS Couscous, bulgur, kasha, brown rice, barley (½ cup)	2–3		
STARCHY VEGETABLES Corn, peas (½ cup)	2–3		
VEGETABLES Cooked green beans, carrots, tomatoes, broccoli, etc. (½ cup)	2		
RAW VEGETABLES (1–2 cups)	3		
LEGUMES Dried peas, beans (black, red, kidney, pinto), lentils (⅓ cup)	4–5		
FRUITS ½ cup or 1 medium fresh fruit	2		
NUTS AND SEEDS ½ ounce	2		
FIBER SUPPLEMENT Check label			