

Products	Size of Serving	Fiber Grams Per Serving	Calories Per Serving	Daily Fiber Intake Worksheet	
<b>BREAD</b>					Grams of Fiber
Whole Wheat	1 Slice	2.11	70	<b>BREAKFAST:</b>	
Rye	1 Slice	1.72	70		
White	1 Slice	.50	70		
<b>CEREAL</b>					
Oat Bran	1 ounce	4.06	110		
Shredded Wheat	1 ounce	2.64	90		
Corn Flakes	1 ounce	.45	110		
<b>RICE</b>					
Brown	1/2 cup	5.27	109		
White	1/2 cup	1.42	133		
<b>SPAGHETTI</b>	2 ounces	2.56	220	<b>LUNCH:</b>	
<b>VEGETABLES</b>					
Broccoli	1/2 cup	2.58	22		
Brussels Sprout	1/2 cup	2.00	30		
Corn	1/2 cup	3.03	89		
Egg Plant	1/2 cup	.96	13		
Lettuce (raw)	1/2 cup	.24	5		
Potato (baked w/skin)	1/2 cup	2.97	57		
Spinach	1/2 cup	2.07	21		
Squash (baked)	1/2 cup	2.87	57		
Tomato (raw)	1/2 cup	1.17	19		
Zucchini	1/2 cup	1.26	14		
<b>BEANS</b>					
Green (canned)	1/2 cup	1.89	20		
Kidney	1/2 cup	5.48	100		
Lima	1/2 cup	4.25	90		
Pinto	1/2 cup	5.93	101	<b>DINNER:</b>	

<b>FRUITS (raw)</b>					
Apple (with peel)	1 medium	2.76	81		
Apricots	1 cup	3.13	74		
Banana	1 medium	2.19	105		
Blackberries	1 cup	7.20	74		
Boysenberries	1 cup	7.20	74		
Grapefruit	1 medium	3.61	92		
Grapes	1 cup	1.12	114		
Orange	1 medium	3.14	65		
Pear (with peel)	1 medium	4.32	98		
Prunes (canned)	1 cup	13.76	246		
Raspberries	1 cup	7.50	62		
Strawberries	1 cup	3.87	46		
Watermelon	1 slice	1.93	152		
<b>KONSYL</b>	1 tsp.	6.00	3		
<b>KONSYL Easy Mix</b>	1 tsp.	6.00	4		
				<b>Daily Food Intake:</b>	
				Konsyl/Konsyl Easy Mix 1 dose:	+ 5 grams
				<b>TOTAL DAILY FIBER INTAKE:</b>	

Adding a teaspoon of KONSYL or KONSYL Easy Mix to your daily diet will surely help to attain the healthful goal of 25-35 grams of fiber a day.