

NOVEMBER

The National Cancer Institute and The American Diabetes Associations recommend consuming 25-35 grams of fiber each day. Unfortunately, the average American only takes in about 14 grams of fiber. A diet low in fiber can lead to health problems including constipation, hemorrhoids, and diverticulitis.

HIGH FIBER VEGETABLES

Broccoli (1/2 cup)	4 grams
Carrots (1/2 cup)	3.5 grams
Peas (1/2 cup)	8 grams
Spinach (1 cup raw)	3.5 grams

HIGH FIBER FRUITS

Apple (7 oz.)	4 grams
Pear (7 oz.)	4 grams
Banana (8 ")	3 grams
Orange (8 oz.)	2.5 grams

HIGH FIBER NUTS

Almonds (1/4 cup)	2.4 grams
Peanuts (1/2 cup)	3.5 grams
Cashews (1/4 cup)	2 grams
Brazil Nuts (1/4 cup)	3 grams

HIGH FIBER BEANS

Black (1 cup)	19 grams
Kidney (1 cup)	19 grams
Lima (1 cup)	11 grams
Garbonzo (1 cup)	12 grams