

## Fiber-Rich Food Chart for Seniors

Boost digestion & health naturally - aim for 21-30g fiber per day

### Fruits

Food	Serving Size	Fiber (g)
Apple (with skin)	1 medium	4.4
Pear (with skin)	1 medium	5.5
Banana	1 medium	3.1
Raspberries	1 cup	8.0
Prunes (dried plums)	5 pieces	3.0
Orange	1 medium	3.0

### Vegetables

Food	Serving Size	Fiber (g)
Carrots (raw)	1 cup	3.6
Broccoli (cooked)	1 cup	5.1
Sweet potato (with skin)	1 medium	3.8
Spinach (cooked)	1 cup	4.3
Green beans (cooked)	1 cup	4.0

### Whole Grains

Food	Serving Size	Fiber (g)
Oatmeal (cooked)	1 cup	4.0
Brown rice (cooked)	1 cup	3.5
Whole wheat bread	1 slice	2.0
Quinoa (cooked)	1 cup	5.2
Barley (cooked)	1 cup	6.0

### Legumes & Beans

Food	Serving Size	Fiber (g)
Lentils (cooked)	1 cup	15.6
Black beans (cooked)	1 cup	15.0
Chickpeas (cooked)	1 cup	12.5
Split peas (cooked)	1 cup	16.3

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### Nuts & Seeds

Food	Serving Size	Fiber (g)
Almonds	1/4 cup (about 23 nuts)	3.5
Walnuts	1/4 cup	2.0
Chia seeds	1 tablespoon	5.5
Flaxseeds (ground)	1 tablespoon	2.8
Sunflower seeds	1/4 cup	3.0

### Tips for Seniors:

- Hydrate well: drink plenty of water to help fiber work smoothly.
- Start slow: increase fiber gradually to avoid bloating.
- Balance your plate: include a fruit, veggie, and whole grain at each meal.