

What affect does fiber have on my ability to lose or maintain my weight?

People watching their weight often increase their fiber intake. Fiber has many benefits as part of your diet, one of which is that fiber absorbs calories. While increasing daily fiber intake is only one piece of the weight loss equation, this calculator will show how long it will take to lose weight if increasing fiber is the only diet change you make:

<http://nutrition.bizcalcs.com/Calculator.asp?Calc=Calories-Absorbed-By-Fiber>

Though 25 grams seems like a lofty goal for daily fiber intake, check out how it adds up with this list of common fiber-rich foods:

Apple, medium (with skin)	3.7 grams
Applesauce, 2/3 cup	3.6 grams
Apricot, 3 small	3.1 grams
Banana, 1 medium	3.0 grams
Blackberries, 1/2 cup	3.8 grams
Blueberries 1/2 cup	1.7 grams
Cantaloupe, 1/4 melon	1.3 grams
Cherries, 10	1.7 grams
Cranberries, raw/sauce, 1/2 cup	4.0 grams
Dates, pitted, 2	1.2 grams
Figs, 2 medium	4.0 grams
Grapefruit, 1/2 medium	1.6 grams
Grapes, 18-20	0.8 grams
Honeydew, 1 cup	0.7 grams
Kiwi, 1 medium	2.1 grams
Mango, 1/2 small	2.9 grams
Orange, 1 large	3.1 grams
Peach, 1 medium	1.9 grams
Pear, 1 medium	4.0 grams
Pineapple, 1/2 cup	1.1 grams
Plum, 2 to 3 small	1.9 grams
Prunes, 3 medium	2.5 grams
Raisins, 1/4 cup	3.1 grams
Raspberries, 1/2 cup	3.8 grams
Strawberries, 1 cup	3.3 grams
Tangerine, 1 medium	1.5 grams
Watermelon, 1 cup	0.4 grams
Baked Beans, 1 cup	11 grams
Black Beans, 1 cup	13 grams
Black-Eyed Peas, 1/2 cup	4.5 grams
Butter Beans, 1/2 cup	4.5 grams
Chickpeas, 1/2 cup	6.0 grams
Great Northern Beans, 1 cup	16.0 grams
Green Beans, 1/2 cup	1.5 grams
Kidney Beans, 1 cup	12.0 grams
Lentils, 1/2 cup	7.5 grams
Lima Beans, 1/2 cup	4.5 grams
Navy Beans, 1/2 cup	7.0 grams
Pinto Beans, 1 cup	14.0 grams
White Beans, 1/2 cup	4.0 grams
Bagel, 1	2.0 grams
Rye Bread, 1 slice	1.9 grams
Whole Wheat Bread, 1 slice	1.9 grams
Bran Muffins, 1 muffin	2.5 grams

Corn Bread, 2 in square	1.4 grams
Pumpernickel, 1 slice	2.3 grams
7 Grain Bread, 1 slice	3.25 grams
Wheat Bran, ½ cup	12.3 grams
Wheat Germ, 3 tbsp	3.9 grams
White Bread, 1 slice	0.5 grams
Macaroni, 1 cup	1.0 grams
Pasta, 1 cup	1.1 grams
Brown Rice, 1 cup	2.5 grams
White Rice, ½ cup	0.4 grams
Artichoke, 1 medium	4.5 grams
Asparagus, ½ cup	2.8 grams
Avocado, 1 half	2.8 grams
Bean Sprouts, ½ cup	1.5 grams
Beets (sliced), ½ cup	2.5 grams
Beets, 3 small	3.7 grams
Broccoli, ½ cup	3.0 grams
Brussels Sprout, ½ cup	2.9 grams
Carrot, 1 medium	2.0 grams
Celery, 1 cup	1.7 grams
Cabbage, ½ cup	1.4 grams
Cauliflower, ½ cup	1.7 grams
Corn, ½ cup	1.8 grams
Endive, 10 leaves	0.6 grams
Greens, ½ cup	4.0 grams
Lettuce, 1 cup	0.6 grams
Onion, ½ cup	1.5 grams
Peas, 1 cup	8.8 grams
Popcorn, 3 cups	3.2 grams
Baked potato w/skin, medium	3.2 grams
Pepper, ½ cup	0.8 grams
Rhubarb, ½ cup	2.9 grams
Sauerkraut, 2/3 cup	3.1 grams
Spinach, ½ cup	2.0 grams
Sweet Potato, ½ half	1.7 grams
Tomato, 1 small	1.2 grams
Zucchini, ½ cup	1.4 grams
Almonds, 10 nuts	1.1 grams
Brazil Nuts, 6-8 nuts	2.1 grams
Filberts, 10 nuts	0.8 grams
Flaxseeds, 1 tbsp	3.3 grams
Peanuts, 10 nuts	1.5 grams
Cashews, 18 nuts	1.1 grams
Peanut Butter, 1 tbsp.	1.5 grams
Pecans, 10 whole	2.7 grams
Pistachios, 47 nuts	2.9 grams
Sunflower Seeds, 1 tbsp	0.5 grams
Walnuts, 7 whole	1.9 grams
All Bran Cereal, ½ cup	10 grams
Grape Nuts, ¼ cup	2.8 grams
Oatmeal, 1 cup	4.0 grams
Raisin Bran, 1 cup	7.0 grams
Shredded Wheat, 1 cup	5.2 grams

From www.globalrph.com/fiber/cgi