

Fast Facts on Fiber

Recommended Fiber Intake

- Immediately after diverticulitis attack: 10 to 15 g/day
- After recovery from diverticulitis: 25 to 38 g/day

Fiber Content of Certain Foods

Fruits: 4 to 6 g for a medium-sized apple, pear, or orange or for 1½ cups of strawberries

Vegetables: 4 to 8 g for 1 cup of cooked broccoli, Brussels sprouts, corn, or green beans

Legumes: 10 to 16 g for 1 cup of cooked baked beans, lentils, lima beans, or split peas

Nuts: Roughly 3 to 4 g for 1 oz of almonds, pecans, or pistachios

Grains: Roughly 4 to 6 g for 1 cup of cooked barley, brown rice, whole wheat pasta, or oatmeal; 1 cup bran flakes; an oat bran muffin; or 3 cups of popcorn