



Pediatric Surgical
Associates, Ltd.

LIST OF HIGH FIBER FOODS

VEGETABLE	AMOUNT	FIBER (GRAMS)
Popcorn, air-popped	3 cups	3.60
Potato, baked w/skin	1 medium	4.80
Spinach, cooked	1 cup	4.32
Summer squash, cooked	1 cup	2.52
Sweet potato, cooked	1 cup	5.94
Swiss chard, cooked	1 cup	3.68
Tomato	1 medium	1.00
Winter squash, cooked	1 cup	5.74
Zucchini, cooked	1 cup	2.63
CEREAL, GRAINS, PASTA	AMOUNT	FIBER (GRAMS)
Bran cereal	1 cup	19.94
Bread, whole wheat	1 slice	2.00
Oats, rolled dry	1 cup	12.00
Pasta, whole wheat	1 cup	6.34
Rice, dry brown	1 cup	7.98
BEANS, NUTS, SEEDS	AMOUNT	FIBER (GRAMS)
Almonds	1 oz	4.22
Black beans, cooked	1 cup	14.92
Cashews	1 oz	1.00
Flax seeds	3 tbsp	6.97
Garbanzo beans, cooked	1 cup	5.80
Kidney beans, cooked	1 cup	13.33
Lentils, red cooked	1 cup	15.64
Lima beans, cooked	1 cup	13.16
Peanuts	1 oz	2.30
Pistachio nuts	1 oz	3.10
Pumpkin seeds	¼cup	4.12
Soybeans, cooked	1 cup	7.62
Sunflower seeds	¼cup	3.00
Walnuts	1 oz	3.08



Pediatric Surgical
Associates, Ltd.

VOIDING JOURNAL

MONTH:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY