

Fiber without FODMAPS

It's not unusual to minimize fiber on the low FODMAP diet. Fiber needs vary depending on age and gender, per the Institute of Medicine guidelines fiber needs are the following:

Men: 14-50 years old: 38 grams fiber/day
50 +: 30 grams/day

Women: 14-18 years old: 26 grams/day
19-50 years old: 25 grams/day
50 +: 21 grams/day

FOOD	Portion Size	Fiber grams
Oatmeal	½ cup, dry	4
Oat bran	¼ cup, dry	3.5
Rice bran	¼ cup, dry	6
Strawberries	1 cup	3
Blueberries	1 cup	3.6
Orange	1 medium	3.4
Spinach	½ cup cooked	3.5
Baked potato, with skin	1 medium Russet	4
Quinoa	1 cup, cooked	5.2

Source: USDA nutrient data bank, accessed December 18, 2011.