

COLON CLEANSING FOODS

Experts Recommend Eating 25g –35g of Dietary Fiber Every Day for Maintaining Optimum Colon Health

Food *100gm = 1/2 cup	Amount	Grams Fiber	Food *100gm = 1/2 cup	Amount	Grams Fiber
Psyllium seed husks	100g	80	Mango, flesh only	1 medium	3.7
Salba	100g	43.1	Blueberries	200 g	3.5
Carob powder	100g	39.8	Brussel sprouts	100 g	3.5
Flax seeds	100g	27.05	Spinach	100g	3.5
Bulgur wheat	100g	18.2	Pomegranate	100g	3.4
Barley	100g	15.6	Apple, with skin	1 medium	3.3
Oat bran	100g	15.4	Strawberries	200g	3.3
All Bran Cereal	3/4 cup	13.2	Passion fruit	100g	3.3
Quinoa	100g	11	Gooseberry	100g	3.2
Buckwheat	100g	10	Orange	1 medium	3.1
Kidney beans	100g	8.2	Raisins	50g	3.1
Split peas	100g	8.2	Whole Wheat	100g	3.1
Raspberries	200g	8	Pistachios	100g	2.9
Lentils	100g	7.8	Pretzels	15 pcs.	2.9
Pinto beans	100g	7.7	Broccoli	100g	2.8
Blackberries	200g	7.6	Collard	100g	2.7
Black beans	100g	7.5	Parsnip	100g	2.7
Grape nuts cereal	3/4 cup	7.5	Hazelnuts	7 whole	2.7
Corn Meal	100g	7.3	Pecans	10 pcs.	2.7
Butter beans	100g	6.6	Cheerios	3/4 cup	2.7
Artichoke	1 medium	6.5	Okra	100g	2.6
White beans	100g	6.2	Cauliflower	100g	2.5
Navy Beans	100g	6	Bran muffin	1 medium	2.5
Lima Beans	100g	5.8	Kiwi, flesh only	1 medium	2.3
Black Eye peas	100g	5.5	Nectarine	100g	2.3
Raisin Bran Cereal	_ cup	5.5	Snow peas	100g	2.3
Guava	100g	5.3	Brown rice	100g	2.2
Garbanzos (chickpeas)	100g	5.3	Corn	100g	2.1
Cous Cous	100g	5.3	Sauerkraut	100g	2.1
Pear	1 medium	5.1	Brazil nuts	7 whole	2.1
Turnip	100g	4.8	Pumpnickel	1 slice	2.1
Avocado, flesh only	1 medium	4.6	Grapefruit	1 medium	2
Potato with skin	1 medium	4.4	Prunes	2 medium	2
Dates	2 medium	4	Carrots	1 medium	2
Sweet potatoes	100g	4	Oatmeal	100g	2
Figs, dried	2 medium	3.7	Walnuts	7 whole	1.9

