

Fiber content of Foods

Goal (25 to 35 grams per day)

Common servings of foods containing dietary fiber are shown below. Increase your intake by including fiber from all sources. (Foods from meat and dairy groups are not good sources.) Foods that are good sources of fiber are also typically low in fat.

FOOD	SERVING SIZE	FIBER (gm)
Vegetables (cooked):		
Asparagus, cut	1/2 Cup	1.0
Beans (string, green)	1/2 Cup	1.6
Broccoli	1/2 Cup	2.2
Brussels Sprouts	1/2 Cup	2.3
Cabbage (red, white)	1/2 Cup	1.4
Carrots	1/2 Cup	2.3
Cauliflower	1/2 Cup	1.1
Corn, canned	1/2 Cup	2.9
Kale leaves	1/2 Cup	1.4
Parsnip	1/2 Cup	2.7
Peas	1/2 Cup	3.6
Potato (with skin)	1	2.5
Potato (without skin)	1	1.4
Spinach	1/2 Cup	2.1
Squash, summer	1/2 Cup	1.4
Sweet potatoes	1/2	1.7
Turnips	1/2	1.6
Zucchini	1/2 Cup	1.8

Vegetables (raw):		
Bean sprouts	1/2 Cup	1.5
Celery, diced	1/2 Cup	1.1
Cucumber	1/2 Cup	0.4
Lettuce, sliced	1 Cup	0.9
Mushrooms, sliced	1/2 Cup	0.9
Onions, sliced	1/2 Cup	0.9
Pepper, Green, sliced	1/2 Cup	0.5
Spinach	1 Cup	1.2
Tomato	1	1.5

Nuts:		
Almonds	10 nuts	1.1
Filberts	10 nuts	0.8
Peanuts (actually a Legume)	10 nuts	1.4
Breads:		
Crisp rye bread	2 crackers	2.0

FOOD	SERVING SIZE	FIBER (gm)
Fruits:		
Apple (with skin)	1	3.5
Apple (without skin)	1	2.7
Apricot	3	1.8
Apricot, dried	5 halves	1.4
Banana	1	2.4
Blueberries	1/2 Cup	2.0
Cantaloupe	1/4 melon	1.0
Cherries, sweet	10	1.2
Grapefruit	1/2	1.6
Grapes	20	0.6
Orange	1	2.6
Peach (with skin)	1	1.9
Peach (without skin)	1	1.2
Pear (with skin)	1/2 large	3.1
Pear (without skin)	1/2 large	2.5
Pineapple	1/2 Cup	1.1
Plums, damson	5	0.9
Prunes	3	3.0
Raisans	1/4 Cup	3.1
Raspberries	1/2 Cup	3.1
Strawberries	1 Cup	3.0
Watermelon	1 Cup	0.4

Legumes:		
Baked beans/tomato sauce	1/2 Cup	8.9
Dried beans, cooked	1/2 Cup	4.7
Kidney beans, cooked	1/2 Cup	7.3
Lentils, cooked	1/2 Cup	7.3
Lima beans, cooked	1/2 Cup	4.5
Navy beans, cooked	1/2 Cup	6.0

Juices:		
Apple	1/2 Cup	0.4
Grapefruit	1/2 Cup	0.5
Grape	1/2 Cup	0.6
Orange	1/2 Cup	0.5
Papaya	1/2 Cup	0.8

Crisp wheat bread	2 crackers	1.8
French bread	1 slice	0.7
Italian bread	1 slice	0.3
Mixed grain bread	1 slice	0.9
Oatmeal bread	1 slice	0.5
Pita bread	1 slice	0.4
Pumpernickel bread	1 slice	1.0
Raisan bread	1 slice	0.6
White bread	1 slice	0.4
Whole wheat bread	1 slice	1.4

Cereals:		
All-Bran	1/3 Cup	8.5
Bran Buds	1/3 Cup	7.9
Bran Chex	2/3 Cup	4.6

Grain:		
Rice, brown	1/2 Cup	1.0
Rice, polished	1/2 Cup	0.2