

Fiber Contents 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)	Food	Serving Size	Fiber (gm)
Cereals:					
All-Bran	1/3 cup	8.5	Nutri-Grain, rye	3/4 cup	1.8
Bran Buds	1/3 cup	7.9	Nutri-Grain, wheat	3/4 cup	1.8
Bran Chex	2/3 cup	4.6	100% Bran	1/2 cup	8.4
Cheerios	1 1/4 cup	1.1	100% Natural Cereal	1/4 cup	1.0
Corn Bran	2/3 cup	5.4	Oatmeal, (cooked	3/4 cup	1.6
Corn Flakes	1 1/4 cup	0.3	Raisin Bran-type	3/4 cup	4.0
Cracklin' Bran	1/3 cup	4.3	Rice Krispies	1 cup	0.1
Crispy Wheats n'	3/4 cup	1.3	Shredded Wheat	2/3 cup	2.6
40% Bran	3/4 cup	4.0	Special K	1 1/3 cup	0.2
Frosted Mini-Wheats	4 biscuits	2.1	Sugar Smacks	3/4 cup	0.4
Graham Crackers	3/4 cup	1.7	Tasteeos	1 1/4 cup	1.0
Grape Nuts	1/4 cup	1.4	Total	1 cup	2.0
Heartland Natural	1/4 cup	1.3	Wheat Chex	2/3 cup	2.1
Honey Bran	7/8 cup	3.1	Wheaties	1 cup	2.0
Most	2/3 cup	3.5	Wheat n' Raisin Chex	3/4 cup	2.5
Nutri-Grain, barley	3/4 cup	1.7	Wheat germ	1/4 cup	3.4
Nutri-Grain, corn	3/4 cup	1.8			
Vegetables					
Asparagus, cut	1/2 cup	1.0	Parsnip	1/2 cup	2.7
Beans (string, green)	1/2 cup	1.6	Peas	1/2 cup	3.6
Broccoli	1/2 cup	2.2	Potato (with skin)	1	2.5
Brussels sprouts	1/2 cup	2.3	Potato (without skin)	1	1.4
Cabbage (red, white)	1/2 cup	1.4	Spinach	1/2 cup	2.1
Carrots	1/2 cup	2.3	Squash, summer	1/2 cup	1.4
Cauliflower	1/2 cup	1.1	Sweet potatoes	1/2	1.7
Corn, canned	1/2 cup	2.9	Turnips	1/2	1.6
Kale leaves	1/2 cup	1.4	Zucchini	1/2 cup	1.8
Vegetables (raw):					
Bean sprouts	1/2 cup	1.5	Onions, sliced	1/2 cup	0.9
Celery, diced	1/2 cup	1.1	Pepper, green, sliced	1/2 cup	0.5
Cucumber	1/2 cup	0.4	Spinach	1 cup	1.2
Lettuce, sliced	1 cup	0.9	Tomato	1	1.5
Mushrooms, sliced	1/2 cup	0.9			

Food	Serving Size	Fiber (gm)	Food	Serving Size	Fiber (gm)
Fruits:					
Apple (with skin)	1	3.5	Peach (with skin)	1	1.9
Apple (without skin)	1	2.7	Peach (without skin)	1	1.2
Apricot	3	1.8	Pear (with skin)	1/2 large	3.1
Apricot, dried	5 halves	1.4	Pear (without skin)	1/2 large	2.5
Banana	1	2.4	Pineapple	1/2 cup	1.1
Blueberries	1/2 cup	2.0	Plums, damson	5	0.9
Cantaloupe	1/4 melon	1.0	Prunes	3	3.0
Cherries, sweet	10	1.2	Raisins	1/4 cup	3.1
Grapefruit	1/2	1.6	Raspberries	1/2 cup	3.1
Grapes	20	0.6	Strawberries	1 cup	3.0
Orange	1	2.6	Watermelon	1 cup	0.4
Legumes:					
Baked beans/tomato	1/2 cup	8.9	Lentils, cooked	1/2 cup	7.3
Dried beans, cooked	1/2 cup	4.7	Lima beans, cooked	1/2 cup	4.5
Kidney beans, cooked	1/2 cup	7.3	Navy beans, cooked	1/2 cup	6.0
Breads:					
Bagels	1	0.6	Mixed grain bread	1 slice	0.9
Bran muffins	1	2.5	Oatmeal bread	1 slice	0.5
Cracked wheat bread	1 slice	1.0	Pita bread	1 piece	0.4
Crisp rye bread	2 crackers	2.0	Pumpernickel bread	1 slice	1.0
Crisp wheat bread	2 crackers	1.8	Raisin bread	1 slice	0.6
French bread	1 slice	0.7	White bread	1 slice	0.4
Italian bread	1 slice	0.3	Whole wheat bread	1 slice	1.4
Pasta and rice:					
Macaroni	1 cup	1.0	Spaghetti, regular	1 cup	1.1
Rice, brown	1/2 cup	1.0	Spaghetti, wheat	1 cup	3.9
Rice, polished	1/2 cup	0.2			
Juices:					
Apple	1/2 cup	0.4	Orange	1/2 cup	0.5
Grapefruit	1/2 cup	0.5	Papaya	1/2 cup	0.8
Grape	1/2 cup	0.6			
Nuts:					
Almonds	10 nuts	1.1	Peanuts	10 nuts	1.4
Filberts	10 nuts	0.8			