



## FIBER IN FOODS CHART

Fruits	Serving size	Fiber (grams per serving)
Apple w/skin	1 medium	3.7
Apple w/o skin	1 medium	2.4
Applesauce	½ cup	2.0
Apricots	3 medium	2.5
Banana	1 medium	2.7
Blueberries (raw)	1 cup	4.0
Cantaloupe	1 cup (pieces)	1.3
Cherries	10 cherries	1.3
Fruit salad/fruit cup	½ cup	1.3
Grapefruit	½ medium	1.3
Grapes	1 cup	1.2
Honeydew melon	1 cup (pieces)	1.0
Mandarin oranges	½ cup	1.0
Nectarine	1 medium	2.2
Orange	1 medium	3.0
Peach	1 medium	1.7
Pear	1 medium	4.0
Pineapple	1 cup (pieces)	2.0
Plum	1 medium	1.0
Prunes (dried)	10 prunes	6.0
Raisins (seedless)	2/3 cup	4.0
Raspberries	1 cup	8.4
Strawberries	1 cup	3.4
Tangerine	1 medium	2.0
Watermelon	1 cup (pieces)	0.8

Vegetables	Serving size	Fiber (grams per serving)
Artichoke, boiled	1 medium	6.2
Asparagus, boiled	½ cup (6 spears)	1.4
Baked beans	1 cup	14.0
Broccoli, boiled	½ cup	2.3
Brussels sprouts, boiled	½ cup	2.0
Carrot	1 medium	2.0
Cauliflower, boiled	½ cup	1.7
Celery	1 stalk (7 inch)	0.7
Coleslaw	½ cup	1.0
Corn, on the cob	1 ear	2.0
Cucumber	½ cup (slices)	0.5
Eggplant, boiled	½ cup	1.0
Green beans, boiled	½ cup	2.0
Lima beans, boiled	1 cup	13.2
Lettuce	½ cup (pieces)	0.5
Mushrooms	½ cup (pieces)	0.4
Onions, boiled	½ cup	1.0
Peas, green	½ cup	4.0
Pinto beans, boiled	1 cup	14.7
Potato, baked w/ skin	1 medium	5.0
Potato, boiled	1 medium	2.0
Potato salad	½ cup	1.6



## FIBER IN FOODS CHART

Vegetables ( <i>cont.</i> )	Serving size	Fiber (grams per serving)
Pumpkin, canned	½ cup	5.0
Spinach, boiled	½ cup	2.2
Spinach, raw	½ cup	0.8
Squash, winter	½ cup	3.0
Sweet potato, baked	1 medium	3.0
Tomato, raw	1 medium	1.0

Cereal	Serving size	Fiber (grams per serving)
All-Bran, Kellogg's	½ cup	10.0
Alpha-Bits	1 cup	1.0
Banana Nut Crunch	1 cup	4.0
Bran Buds, Kellogg's	1/3 cup	12.0
Cheerios	1 cup	3.0
Corn Pop	1 cup	0.0
Cracklin' Oat Bran, Kellogg's	¾ cup	5.6
Cream of Wheat	1 pack	1.0
Fiber One, General Mills	½ cup	13.0
Frosted Mini-Wheats	5 biscuits	5.0
Honey Nut Cheerios, General Mills	1 cup	2.0
Instant Oatmeal	1 pack	3.0
Multi-Grain Cheerios	1 cup	3.0
Quaker Shredded Wheat	3 biscuits	7.3
Raisin Bran, General Mills	¾ cup	3.0
Raisin bran, Kellogg's	1 cup	8.2

Breads/Grains	Serving size	Fiber (grams per serving)
Bagel (most bagels)	1 bagel	1.5
English muffin, Thomas	1 muffin	1.5
French bread	1 slice	0.5
Italian, Bakery Light	1 slice	2.5
Multi-grain	1 slice	1.5
Pancakes	1 medium-large	1.0
Pita, white	1 6" diameter	1.0
Seven grain, Bran'ola	1 slice	3.0
Wheat, Bakery Light	1 slice	2.5
White	1 slice	1.0
Whole wheat	1 slice	2.0

Pasta	Serving size	Fiber (grams per serving)
Elbow macaroni, Golden Grain	½ cup	2.0
Macaroni	1 cup	1.8
Macaroni, whole wheat	1 cup	4.0
Spaghetti, whole wheat	1 cup	6.3
Brown rice, long grain	1 cup	3.5
White rice	1 cup	1.0