



# Fiber Content of Food

<b>Food Sources of Fiber</b>				
<i>Food</i>	<i>Serving Size</i>	<i>Soluble (grams)</i>	<i>Insoluble (grams)</i>	<i>Total Fiber* (grams)</i>
<b><i>Vegetables</i></b>				
Artichoke	1 globe	2.20	1.76	3.96
Asparagus	1/2 cup	0.31	1.17	1.48
Broccoli	1/2 cup	1.15	1.42	2.58
Brussels sprouts	1/2 cup	1.41	2.09	3.51
Cabbage, green, raw	1/2 cup	0.27	0.46	0.73
Carrots	1/2 cup	0.94	1.48	2.42
Cauliflower, raw	1/2 cup	0.60	0.69	1.20
Celery, raw	1/2 cup	0.42	0.54	0.96
Corn	1/2 cup	1.31	1.72	3.03
Cucumber, raw	1/2 cup	0.10	0.42	0.52
Eggplant	1/2 cup	0.02	0.93	0.96
Green peas	1/2 cup	0.48	3.04	3.36
Lettuce, iceberg, raw	1/2 cup	0.06	0.19	0.24
Onion, white/yellow/red, raw	1/2 cup	0.64	0.64	1.28
Potato, baked with skin	1/2 cup	0.70	0.78	1.95
Spinach	1/2 cup	0.47	1.61	2.07
Squash, acorn, baked	1/2 cup	1.64	1.23	2.87
Tomato, raw	1/2 cup	0.45	0.72	1.17
Zucchini	1/2 cup	0.27	0.99	1.26
<b><i>Beans</i></b>				
Black-eyed peas	1/2 cup	0.88	7.33	8.21
Brown beans	1/2 cup	1.04	3.60	4.64
Green/string beans, canned	1/2 cup	0.46	1.43	1.89
Kidney beans	1/2 cup	1.38	4.10	5.48
Lentils	1/2 cup	0.56	4.65	5.22
Lima beans	1/2 cup	0.85	3.57	4.25
Navy beans	1/2 cup	2.60	3.28	7.72
Northern beans	1/2 cup	1.06	3.67	4.72
Pinto beans	1/2 cup	1.86	4.09	5.93
Red beans	1/2 cup	1.38	4.10	5.48
Wax/yellow beans	1/2 cup	0.46	1.43	1.89
White beans	1/2 cup	1.06	3.67	4.72
<b><i>Fruits</i></b>				
Apple, with peel	1 medium	0.97	1.79	2.76
Apricots	1 cup	1.25	2.18	3.13
Banana	1 medium	0.64	1.55	2.19
Blackberries	1 cup	0.91	6.52	7.20
Boysenberries	1 cup	0.91	6.52	7.20
Cantaloupe	1 wedge	0.64	0.43	1.07
Cherries	1 cup	0.72	1.16	1.88
Grapefruit	1 medium	2.21	1.40	3.61
Grapes	1 cup	0.34	0.78	1.12
Orange	1 medium	1.90	1.19	3.14

<b>Food Sources of Fiber (cont'd)</b>				
<i>Food</i>	<i>Serving Size</i>	<i>Soluble (grams)</i>	<i>Insoluble (grams)</i>	<i>Total Fiber (grams)*</i>
<b><i>Fruits (cont'd)</i></b>				
Pear, with peel	1 medium	1.00	3.32	4.32
Pineapple	1 cup	0.48	1.38	1.86
Plum	1 medium	0.66	0.33	0.99
Prunes, canned	1 cup	7.88	5.88	13.76
Raspberries	1 cup	0.49	5.79	6.03
Strawberries	1 cup	1.04	2.83	3.87
Watermelon	1 slice	0.96	0.96	1.93
<b><i>Breads</i></b>				
Black bread	1 slice	0.36	1.35	1.72
Bran bread	1 slice	0.58	2.08	2.66
Corn bread	1 med. piece	0.12	1.12	1.24
Crackers, saltines, reg.	1 regular	0.02	0.06	0.08
Crackers, graham, plain	1 square	0.03	0.22	0.25
Cracked wheat bread	1 slice	0.46	1.65	2.11
French bread	1 slice	0.42	0.25	0.67
Multigrain bread	1 slice	0.42	1.50	1.92
Pumpernickel bread	1 slice	0.36	1.35	1.72
Rye bread	1 slice	0.36	1.35	1.72
White bread	1 slice	0.24	0.25	0.50
Whole wheat bread	1 slice	0.46	1.65	2.11
<b><i>Cereals (dry)</i></b>				
Bran	1 ounce	1.45	7.27	8.72
Corn flakes	1 ounce	0.10	0.35	0.45
Granola	1 ounce	0.45	1.05	1.50
Oat bran	1 ounce	2.04	2.13	4.08
Oat flakes	1 ounce	1.56	1.87	3.39
Oatmeal	1 ounce	1.00	1.50	2.51
Puffed rice	1 ounce	0.11	0.26	0.37
Shredded wheat	1 ounce	0.45	2.18	2.64
Wheat germ	1 ounce	0.37	3.60	4.05
<b><i>Nuts</i></b>				
Almonds, roasted	1/2 cup	0.78	7.17	7.95
Peanuts, roasted	1/2 cup	2.38	3.96	6.34