

## A PARTIAL LIST OF FOOD SOURCES FOR FIBER CONTENT

(Courtesy of Utah Cooperative Extension Service)

	<u>GRAMS</u>		<u>GRAMS</u>
<b>VEGETABLES</b>		<b>GRAINS</b>	
Broccoli, 1/2 c. cooked	3.2	Bran muffin, 1 small	1.8
Cabbage, 1/2 c. cooked	2.00	Bread, whole wheat, 1 slice	3.17
Corn, canned, 1/2 cup	1.1	Bread, white, 1 slice	0.68
Celery, diced, 1/2 cup	1.1	Bread, cracked wheat, 1 slice	1.25
Green Beans, 1/2 c. cooked	3.13	Spaghetti, 1/2 cup	1.1
Lettuce, 1/6 head	1.45	Rice, brown, cooked, 1/2 cup	1.7
Tomato, raw, 1 medium	2.26	Rice, polished-cooked, 1/2 cup	0.4
Peas, cooked, 1/2 cup	3.8		
Potatoes (w/skin), 1 medium	4.7	<b>CEREALS</b>	
		All-Bran cereal, 1/3 cup	8.40
<b>FRUITS</b>		Corn Bran, 1 oz., 2/3 cup	5.4
Apple, with peel, 1 medium	4.28	40% Bran Flakes, 1 cup	5.50
Apple juice, 3/4 cup	0.2	Shredded Wheat, 1 oz., 2/3 cup	3.1
Banana, 1 medium	3.26	Wheaties, 1 oz., 1 cup	3.0
Cantaloupe, 1/2 medium	2.67	Oatmeal, cooked, 1/2 cup	2.0
Orange, 1 medium	2.97	Special K, 1 oz., 1 cup	0.3
Peaches, canned, 1/2 cup	2.05		
Prunes, stewed, 1/2 cup	4.5		
Strawberries, 1/2 cup	2.0		
<b>LEGUMES</b>			
Lentils, cooked, 1/2 cup	5.0		
Kidney Beans, cooked, 1/2 cup	7.3		
Pork & Beans, 1 c.	18.60		
Peanut Butter, 2 Tbsp.	2.40		

### FILLING UP ON FIBER...

- Make at least 1/2 of your choices from the grains group whole grain sources
- Choose fiber-rich foods instead of fiber supplements.
- Add bran to muffins, pancake batter, casseroles, or to top breakfast cereals and salads.
- Boost the fiber in cereals with fresh fruit.
- Choose baked goods with raisins or other dried fruit.