




FIBER CONTENT OF FOODS





NUT-GEN-033-2005

Food Item	Amt	Grams Fiber	Food Item	Amt	Grams Fiber
Grains and Cereals			Meats and Protein		
All Bran	¾ cup	13.2	Beef	1 oz.	0
Cheerios	¾ cup	2.7	Cold Cuts, frankfurters	1 slice/1 each	0
Cornflakes	¾ cup	0.5	Eggs	1 each	0
Fiber One	¾ cup	21.0	Fish	1 oz.	0
Grapenuts	¾ cup	7.5	Pork	1 oz.	0
Grits, cooked	½ cup	0.4	Poultry: Chicken, Turkey	1 oz.	0
Nutri-Grain, wheat	¾ cup	8.0	Breads and Crackers		
Oatmeal, cooked	½ cup	2.0	Bagel, plain 4"	1	2.0
Product 19	¾ cup	0.8	Biscuit, baked, 2"	1	0.8
Puffed Rice	¾ cup	0.2	Cornbread, 2" sq.	1 sq.	1.4
Puffed Wheat	¾ cup	0.4	Bread: French	1 slice	0.8
Quaker Oatmeal Squares	¾ cup	3.0	oatmeal	1 slice	1.1
Raisin Bran	¾ cup	5.5	pita, white, 4"	1 each	0.6
Rice Krispies	¾ cup	0.1	pumpernickel	1 slice	2.1
Shredded Wheat	2 biscuits	5.5	raisin	1 slice	1.1
Special K	¾ cup	0.5	rye	1 slice	1.9
Total, whole wheat	¾ cup	2.7	sourdough	1 slice	0.8
Wheat Bran Flakes	¾ cup	5.1	white	1 slice	0.6
Wheaties	¾ cup	2.3	whole wheat	1 slice	1.9
Pasta, noodles, macaroni:			Bun, hamburger or hotdog	1 each	0.9
white, cooked	½ cup	0.6	Crackers: graham	3 sqs.	0
spinach, cooked	½ cup	1.3	saltine	5 sqs.	0.5
whole wheat, cooked	½ cup	1.3	saltine, whole wheat	5 sqs.	2.1
Popcorn, air popped	3 cups	3.6	snack, standard type	5 each	0.3
Rice: white, cooked	½ cup	0.2	snack, whole wheat	5 each	2.1
brown, cooked	½ cup	1.2	English Muffin	1	1.5
wild, cooked	½ cup	1.0	Melba Toast, wheat	4 slices	1.3
Wheat bran	¼ cup	10.3	Pretzels, hard	15	2.9
Wheat germ	¼ cup	4.3	Roll: brown & serve	1	0.8
Legumes			brown & serve, wheat	1	3.0
Beans, cooked			Taco shell	1	1.0
baked	½ cup	3.4	Tortilla: corn	1	1.6
black, cnd	½ cup	7.5	flour	1	1.0
butter, dried, ckd	½ cup	6.6	Waffle, toasted	1	0.8
garbanzo, cnd	½ cup	5.3			
kidney, dried, ckd	½ cup	6.6	KEY:		
cnd, ckd	½ cup	8.2	cnd = canned		
lima, cnd, ckd	½ cup	5.8	ckd = cooked		
frz, ckd	½ cup	5.4	frz = frozen		
navy, cnd, ckd	½ cup	9.6	oz = ounce		
pinto, cnd	½ cup	5.5	sq(s) = square(s)		
dried, ckd	½ cup	7.7	med = medium		
white, cnd,	½ cup	6.5	blk = black		
dried, ckd	½ cup	6.2	tbsp = tablespoon		
Chick Peas, ckd	½ cup	6.3			
Lentils, dried, ckd	½ cup	7.8			
Split Peas, dried, ckd	½ cup	8.2			



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Food Item	Amt	Grams Fiber	Food Item	Amt	Grams Fiber
 Fruits			Vegetables		
Apple, red/skin	1 med.	3.3	Asparagus, ckd	½ cup	1.5
Applesauce, canned	½ cup	1.5	Beans: green, cnd	½ cup	1.3
Apricots: cnd, drained	½ cup	2.0	Beets, flesh only, ckd, cnd	½ cup	1.5
dried	5 halves	1.3	Broccoli, frz, chpd, ckd	½ cup	2.8
fresh/skin	1 whole	0.7	raw	½ cup	1.2
Avocado, fresh, flesh only	1 oz.	1.9	Brussels Sprouts, ckd	½ cup	3.2
Banana, fresh	1 med.	3.1	Cabbage, fresh	½ cup	0.8
Berries: blackberries, fresh	1 cup	7.6	ckd	½ cup	1.4
blueberries, fresh	1 cup	3.5	Carrots, cnd	½ cup	1.1
raspberries, fresh	1 cup	8.0	fresh	1 med.	2.0
strawberries, fresh	1 cup	3.3	sliced, ckd	½ cup	2.3
Cherries: blk, fresh	10 large	1.4	Cauliflower, frz, ckd	½ cup	2.5
red, cnd	½ cup	1.4	raw	½ cup	1.3
Dates	2 med.	4.0	Celery, fresh, chopped	½ cup	1.0
Figs, dried	2 each	3.7	Corn, whole kernel, cnd	½ cup	2.1
Fruit Cocktail, canned	½ cup	1.3	Cucumber, fresh/skin	½ cup	0.3
Grapefruit, fresh, pink	½ med.	2.0	Eggplant, ckd	½ cup	1.8
Grapes, fresh	10 each	0.4	Greens: collard, ckd	½ cup	2.7
Kiwi, fresh, flesh only	1 med.	2.3	kale, ckd	½ cup	1.3
Mango, fresh, flesh only	1 each	3.7	mustard, ckd	½ cup	1.4
Melon: cantaloupe	1 cup	1.4	spinach, frz, ckd	½ cup	3.5
honeydew	1 cup	0.7	raw	1 cup	0.7
watermelon	1 cup	0.6	turnip, ckd	½ cup	2.5
Nectarine, fresh	1 each	2.3	Lettuce, iceberg	1 cup	0.7
Orange, fresh, flesh only	1 med.	3.1	Mushrooms, fresh	½ cup	0.4
Peaches: cnd	½ cup	1.6	Okra, frz, ckd	½ cup	2.6
fresh w/skin	1 med.	1.5	Olives	5 large	0.7
Pear: cnd	½ cup	2.0	Onion, ckd	½ cup	1.5
fresh/skin	1 med.	5.1	fresh	½ cup	1.1
Pineapple: cnd	½ cup	1.0	Peas: field, blackeye, etc	½ cup	5.5
fresh	½ cup	1.1	green, cnd	½ cup	3.5
Plum, red, fresh	2 med.	1.8	green, frz	½ cup	4.4
Prunes: dried	2 med.	2.0	snow, ckd	½ cup	2.3
stewed	½ cup	4.0	Potato: baked, flesh only	1 med.	2.3
Raisins	4 tbsp	1.4	with skin	1 med.	4.4
Tangerine, fresh, flesh only	1 med.	1.5	mashed	½ cup	1.6
			sweet, baked	1 med.	4.8
Dairy			sweet, cnd	½ cup	2.0
Cheese	1 oz.	0	Squash, yellow, ckd	½ cup	1.8
Ice Cream, vanilla	½ cup	0.5	zucchini, ckd	½ cup	1.0
Yogurt, plain	8 oz.	0	Tomato, cnd	½ cup	1.3
			fresh	½ cup	1.5
Nuts and Seeds			Beverages		
Nuts: almonds	6 whole	0.8	Milk	8 oz.	0
brazil nuts	6-8 whole	2.1	Juice: apple	½ cup	0.2
hazelnuts (filberts)	1 oz.	2.7	cranberry	½ cup	0.3
peanuts, roasted	1 oz.	2.3	grapefruit	½ cup	0.3
pecans	10 whole	2.7	orange	½ cup	0.5
walnuts	7 whole	1.9	prune Juice	½ cup	2.6
Coconut, dried	½ cup	2.1	V-8	½ cup	1.0
fresh	½ cup	3.5	Soft Drinks	12 oz.	0
Peanut Butter, smooth	1 tbsp.	1.0			
crunchy	1 tbsp.	1.3			
Sesame Seeds	1 tbsp.	1.4			
Sunflower Seeds	1 oz.	2.6			