

HIGH FIBER FOOD SOURCES

Breads and Pastas	Serving	Fiber
Whole wheat spaghetti, cooked	1 cup	4 gms
Whole wheat bread	2 slices	3 gms
Bran muffin	1	3 gms
Crackers, wheat or rye	2	2 gms
Cracked wheat bread	2 slices	2 gms
Mixed grain bread	2 slices	2 gms
Pumpernickel bread	2 slices	2 gms
Brown rice, cooked	1 cup	2 gms
Pasta, cooked	1 cup	1 gm

Flours and Grains	Serving	Fiber
Rye flour	1 cup	14 gms
Wheat flour	1 cup	11 gms
Wheat flour, brown	1 cup	7 gms
Bran, corn	2 tbs	7 gms
Bran, oat	2 tbs	5 gms
Wheat flour, white	1 cup	3 gms
Rolled oats	1/3 cup	2 gms

Cereals	Serving	Fiber
Fiber One	1/3 cup	12 gms
All Bran	1/3 cup	9 gms
100% Bran	1/2 cup	8 gms
Bran Buds	1/3 cup	8 gms
Corn Bran	2/3 cup	5 gms
Bran Chex	2/3 cup	5 gm
Shredded Wheat and Bran	2/3 cup	4 gms
Fruit and Fiber	1/3 cup	4 gms
Cracklin' Bran	1/3 cup	4 gms
40% Bran	3/4 cup	4 gms
Most	2/3 cup	4 gms
Raisin Bran	3/4 cup	4 gms
Wheat Germ	1/4 cup	3 gms
Honey Bran	7/8 cup	3 gms

Cereals	Serving	Fiber
Shredded Wheat	2/3 cup	3 gms
Wheat and Raisin Chex	3/4 cup	3 gms
Frosted Mini Wheats	4 biscuits	2 gms
Wheat Chex	2/3 cup	2 gms
Total	1 cup	2 gms
Wheaties	1 cup	2 gms
Nutri-Grain	3/4 cup	2 gms
Graham Crackers	3/4 cup	2 gms
Oatmeal, cooked	3/4 cup	2 gms
Grape Nuts	1/4 cup	2 gms
Cheerios	1 1/4 cup	2 gms
Heartland Natural Cereal	1/4 cup	1 gm
Crispy Wheats'n Raisins	3/4 cup	1 gm
100% Natural Cereal	1/4 cup	1 gm

Cooked Vegetables	Serving	Fiber
Peas	1/2 cup	4 gms
Sauerkraut	1/2 cup	4 gms
Corn, canned	1/2 cup	3 gms
Parsnips	1 medium	3 gms
Potato w/skin	1 medium	3 gms
Sweet potato	1 medium	3 gms
Broccoli	1/2 cup	2 gms
Brussels sprouts	1/2 cup	2 gms
Carrots	1/2 cup	2 gms
Zucchini	1/2 cup	2 gms
Eggplant	1/2 cup	2 gms
Spinach	1/2 cup	2 gms
Green beans	1/2 cup	2 gms
Turnips	1/2 cup	2 gms
Kale	1/2 cup	1 gm
Potato w/o skin	1 medium	1 gm
Squash, summer	1/2 cup	1 gm
Asparagus	1/2 cup	1 gm
Cauliflower	1/2 cup	1 gm
Cabbage	1/2 cup	1 gm

Legumes	Serving	Fiber
Baked beans	1/2 cup	9 gms
Kidney beans, cooked	1/2 cup	7 gms
Navy beans, cooked	1/2 cup	6 gms
Dried peas, cooked	1/2 cup	5 gms
Lima beans, cooked	1/2 cup	5 gms
Lentils, cooked	1/2 cup	4 gms

Snacks	Serving	Fiber
Almonds	1/4 cup	5 gms
Peanuts	1/4 cup	3 gms
Popcorn, popped	3 cups	2 gms
Walnuts	1/4 cup	2 gms
Olives	10	2 gms

Raw Vegetables	Serving	Fiber
Avocado	1/2 med	2 gms
Bean sprouts	1/2 cup	2 gms
Tomatoes	1 med	2 gms
Spinach	1/2 cup	1 gm
Lettuce	1 cup	1 gm
Mushroom	1/2 cup	1 gm
Onions	1/2 cup	1 gm
Celery	1/2 cup	1 gm

Fruits	Serving	Fiber
Blackberries	1/2 cup	5 gms
Pears	1 large	5 gms
Apple	1 med	4 gms
Prunes	4	4 gms
Raspberries	1/2 cup	3 gms
Raisins	1/4 cup	3 gms
Honeydew	1/4 med	3 gms
Strawberries	1 cup	3 gms
Orange	1 med	3 gms
Nectarine	1 med	3 gms
Banana	1 med	2 gms
Blueberries	1/2 cup	2 gms
Peach w/ skin	1 med	2 gms
Dates	3	2 gms
Apricots, dried	5 halves	1 gm
Cherries, sweet	10	1 gm
Peach w/o skin	1 med	1 gm
Pineapple	1/2 cup	1 gm
Cantaloupe	1/4	1 gm