

DIETARY FIBER IN FOODS

Bread & Crackers	Amount	Weight (grams)	Fiber (grams)
Graham cracker	2 squares	14.2	1.4
Pumpernickel Bread	$\frac{3}{4}$ slice	24	1.4
Rye Bread	1 slice	25	.8
Whole wheat bread	1 slice	25	1.3
Whole wheat cracker	6 crackers	19.8	2.2
Whole wheat roll	$\frac{3}{4}$ roll	21	1.2
Cereals	Amount	Weight (grams)	Fiber (grams)
All Bran, 100%	$\frac{1}{3}$ cup	28	8.4
Bran Chex	$\frac{1}{2}$ cup	21	4.1
Corn Bran	$\frac{1}{2}$ cup	21	4.4
Corn Flakes	$\frac{3}{4}$ cup	21	2.6
Grapenut Flakes	$\frac{2}{3}$ cup	21	2.5
Grapenuts	3 Tbsp	21	2.7
Oatmeal	$\frac{3}{4}$ pkg.	21	2.5
Shredded Wheat	1 biscuit	21	2.8
Wheaties	$\frac{3}{4}$ cup	21	2.6
Fruit	Amount	Weight (grams)	Fiber (grams)
Apple	$\frac{1}{2}$ large	83	2.0
Apricot	2	72	1.4
Banana	$\frac{1}{2}$ medium	54	1.5
Blackberries	$\frac{3}{4}$ cup	108	6.7
Cantaloupe	1 cup	160	1.6
Cherries	10 large	68	1.1
Dates, Dried	2	18	1.6
Figs, Dried	1 medium	20	3.7
Grapes, white	10	50	0.5
Grapefruit	$\frac{1}{2}$	87	0.8
Honeydew melon	$\frac{1}{2}$	87	0.8
Orange	1 small	78	1.6
Peach	1 medium	100	2.3
Pear	$\frac{1}{2}$ medium	82	2.0
Pineapple	$\frac{1}{2}$	78	0.8
Plum	3 small	85	1.8
Raisins	1 $\frac{1}{2}$ tbsp	14	1.0
Strawberries	1 cup	143	3.1
Tangerines	1 large	101	2.0
Watermelon	1 cup	160	1.4
HIGH FIBER SUPPLEMENT			
Metamucil	1 tsp		3

Meat, Milk, Eggs	Amount	Weight (grams)	Fiber (grams)
Beef	1 oz.	28	0
Cheese	¾ oz.	21	0
Chicken/Turkey	1 oz.	28	0
Cold cuts/Frankfurters	1 oz.	28	0
Eggs	3 large	99	0
Fish	2 oz.	56	0
Ice Cream	1 oz.	28	0
Milk	1 cup	240	0
Pork	1 oz.	28	0
Yogurt	5 oz.	140	0
RICE			
Rice, brown (cooked)	1/3 cup	65	1.6
Rice, white (cooked)	1/3 cup	68	0.5
LEAF VEGETABLES			
Broccoli	½ cup	93	3.5
Brussels Sprouts	½ cup	78	2.3
Cabbage	½ cup	85	2.1
Cauliflower	½ cup	90	1.6
Celery	½ cup	60	1.1
Lettuce	½ cup	55	0.8
Spinach, raw	1 cup	55	0.2
Turnip greens	½ cup	93	3.5
ROOT VEGETABLES			
Beets	½ cup	85	2.1
Carrots	½ cup	78	2.4
Potatoes, baked	½ medium	75	1.9
Radishes	½ cup	58	1.3
Sweet potatoes, baked	½ medium	75	2.1
OTHER VEGETABLES			
Beans, Green	½ cup	64	2.1
Beans, string	½ cup	55	1.9
Cucumber	½ cup	70	1.1
Eggplant	½ cup	100	2.5
Lentils, cooked	½ cup	100	3.7
Mushrooms	½ cup	35	0.9
Onions	½ cup	58	1.2
Tomatoes	1 small	100	1.5
Winter squash	½ cup	120	3.5
Zucchini squash	½ cup	65	2.0