

Fiber Fact Sheet

Food

Fruits:

Apple (without skin)	2.9/1 medium-sized apple
Apple (with skin)	3.5/1 medium-sized apple
Apricot (fresh)	1.8/3 apricots
Apricot (dried)	10.5/1 cup
Banana	2.5/1 banana
Blueberries	3.9/1 cup
Cantaloupe	2.7/half edible portion
Cherries, Sweet	1.2/15 cherries
Dates	13.5/1 cup (chopped)
Grapefruit	1.6/half edible portion
Grapes	2.6/10 grapes
Oranges	2.6/1 orange
Peach (with skin)	2.1/1 peach
Peach (without skin)	1.4/1 peach
Pear (with skin)	4.6/1 pear
Pear (without skin)	3.8/1 pear
Pineapple	2.2/1 cup (diced)
Plums	1.7/3 plums
Prunes	11.9/11 dried prunes
Raisins	2.2/package
Raspberries	6.3/1 cup
Strawberries	3.0/1 cup
Watermelon	1.3/4x8 inch wedge

Juices:

Apple	0.74/1 cup
Grapefruit	1.0/1 cup
Grape	1.3/1 cup
Orange	1.0/1 cup
Papaya	1.5/1 cup

Vegetables, cooked:

Asparagus, cut	1.5/7 spears
Beans, string green	3.4/1 cup
Broccoli	5.0/1 stalk
Brussels sprouts	4.6/7-8 sprouts
Cabbage	2.9/1 cup (cooked)
Carrots	4.6/1 cup
Cauliflower	2.1/1 cup
Corn, canned	4.5/1 cup
Kale	2.9/1 cup (cooked)
Parsnip	5.4/1 cup (cooked)
Peas	7.2/1 cup (cooked)
Potato (without skin)	1.4/1 boiled
Potato (with skin)	2.3/1 boiled
Spinach	4.1/1 cup (raw)
Squash, summer	3.4/1 cup (cooked, diced)
Sweet potatoes	2.7/1 baked
Turnip	3.4/1 cup (cooked, diced)
Zucchini	4.2/1 cup (cooked, diced)

Vegetables, raw

Bean sprouts	2.6/1 cup
Celery, diced	3.7/1 large stalk
Cucumber (with skin)	0.2/6-8 slices
Lettuce, sliced	2.0/1 wedge iceberg
Mushrooms, sliced	0.8/half cup
Onions, sliced	1.3/1 cup
Peppers, green, sliced	1.0/1 pod
Tomato	1.8/1 tomato
Spinach	8.0/1 cup (chopped)

Legumes

Baked beans	18.6/1 cup
Dried peas	4.7/half cup (cooked)
Kidney beans	7.4/half cup (cooked)
Lima beans, canned	2.6/half cup (cooked)
Lentils	1.9/half cup (cooked)

Food

Legumes, cont.:

Navy beans, cooked	3.1/half cup (cooked)
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Breads, pastas, and flours:

Bagels	1.1/half bagel
Bran muffins	6.3/muffin
Cracked wheat	4.1/slice
French bread	0.67/slice
Italian bread	0.33/slice
Oatmeal	5.3/1 cup
Pumpernickel bread	1.0/slice
Raisin bread	0.55/slice
White bread	0.55/slice
Whole wheat bread	1.66/slice

Pasta and rice, cooked:

Macaroni	1.0/1 cup (cooked)
Rice, brown	2.4/1 cup (cooked)
Rice, polished	0.6/1 cup (cooked)
Spaghetti (regular)	1.0/1 cup (cooked)
Spaghetti (whole wheat)	3.0/1 cup (cooked)

Nuts:

Almonds	3.6/half cup (slivered)
Peanuts	11.7/1 cup