

Foods High in Fiber

BREAD & Crackers	Amount	Weight (grams)	Fiber (grams)
Graham cracker	2 squares	14.2	1.4
Pumpnickel bread	3/4 slice	24	1.4
Rye bread	1 slice	25	0.8
Wholewheat bread	1 slice	25	1.3
Wholewheat cracker	6 crackers	19.8	2.2
Wholewheat roll	3/4 roll	21	1.2
CEREALS			
All Bran, 100%	1/3 cup	28	8.4
Bran Chex	1/2 cup	21	4.1
Corn Bran	1/2 cup	21	4.4
Corn Flakes	3/4 cup	21	2.6
Grapenuts Flakes	2/3 cup	21	2.5
Grapenuts	3 Tbsp.	21	2.7
Oatmeal	2/4 pkg.	21	2.5
Shredded Wheat	1 biscuit	21	2.8
Wheaties	3/4 cup	21	2.6
FRUIT			
Apple	1/2 large	83	2.0
Apricot	2	72	1.5
Banana	1/2 medium	54	1.5
Blackberries	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	1/2	87	0.8
Honeydew melon	1 cup	170	1.5
Orange	1 small	78	1.6
Peach	1 medium	100	2.3
Pear	1/2 medium	82	2.0
Pineapple	1/2	78	0.8

Plum	3 small	85	1.8
Prunes, dried	2	15	2.4
Raisins	1 1/2 Tbsp.	14	1.0
Strawberries	1 cup	143	3.1
Tangerine	1 large	101	2.0
Watermelon	1 cup	160	1.4
HIGH-FIBER SUPPLEMENT			
FIBERMED	2	35.4	10.0
MEAT, MILK, EGGS			
Beef	1 oz.	28	0
Cheese	3/4 oz.	21	0
Chicken / Turkey	1 oz.	28	0
Cold cuts/ Frankfurters	1 oz.	28	0
Eggs	3 large	99	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	1/2 cup	93	3.5
Brussels sprouts	1/2 cup	78	2.3
Cabbage	1/2 cup	93	2.1
Cauliflower	1/2 cup	90	1.6
Celery	1/2 cup	60	1.1
Lettuce	1 cup	55	0.8
Spinach, raw	1 cup	55	0.2
Turnip greens	1/2 cup	93	3.5
ROOT VEGETABLES			
Beets	1/2 cup	85	2.1
Carrots	1/2 cup	78	2.4
Potatoes, baked	1/2 medium	75	1.9
Radishes	1/2 cup	58	1.3

Sweet potatoes, baked	1/2 medium	75	2.1
OTHER VEGETABLES			
Beans, green	1/2 cup	64	2.1
Beans, string	1/2 cup	55	1.9
Cucumber	1/2 cup	70	1.1
Eggplant	1/2 cup	100	2.5
Lentils, cooked	1/2 cup	100	3.7
Mushrooms	1/2 cup	35	0.9
Onions	1/2 cup	58	1.2
Tomatoes	1 small	100	1.5
Winter squash	1/2 cup	120	3.5
Zucchini squash	1/2 cup	65	2.0

Based on analysis of dietary fiber prepared by James W. Anderson, M.D. Plant Fiber in Foods, University of Kentucky Medical Center, 1980