



Fiber Content of Common Foods

| Food Group | Good Sources of Fiber | | | | High in Fiber |
|---|--|--|--|--|--|
| | Less than 1 g | 1.2 to 2.4 grams | 2.5 to 3.5 grams | 3.5 to 5 grams | 5 grams or more |
| Vegetables (1 cup unless otherwise specified) | Celery Cucumber Peppers Lettuce Mushrooms Radishes Coleslaw | Tomato (1 medium) Corn (1 ear) Summer squash Onions Cabbage | Asparagus Beets Green beans Carrots Cauliflower | Brussels sprouts Spinach - cooked | Broccoli Lima beans Black beans Kidney beans Green peas Pinto beans Refried beans Winter squash (all types) Chick peas |
| Fruit (1 medium or 1 cup) | Grapefruit Grapes Pineapple Watermelon Fruit juice Honeydew Mandarin Oranges | Cantaloupe Nectarine Peach Kiwi Cherries (10) Applesauce Fruit Cocktail | Banana Orange Strawberries | Apple with skin Blueberries Mango | Raspberries Blackberries Papaya Pear |
| Dried Fruit and Nuts | | Peanuts (1 oz) Macadamia (1 oz) Raisins (2 T) Peanut butter (2 T) Walnuts (1 oz) | Apricots (10) Pecans (1 oz) Pistachio (1 oz) Prunes (5) | Almonds (1 oz) Figs (2) | |
| Potatoes, Pasta, and Rice (1 cup unless otherwise specified) | Macaroni Egg noodles White rice Mashed potatoes | Couscous Pasta, white | Wild rice | Baked potato with skin (1) Brown rice Sweet potato (1) | Bulgur Barley Whole wheat pasta |
| Breakfast Cereals (per serving) | Puffed rice Puffed wheat Rice Krispies Cream of Wheat Special K Corn flakes | Grits Life | Oatmeal Cheerios Granola Total Wheaties | Raisin bran Grape nuts Quaker Oatmeal Squares | All Bran cereal Fiber One cereal Bran buds cereal Kashi Hot cereals Kashi Go Lean Quaker Weight Control Oatmeal Shredded Wheat |
| Bread, Crackers, Cereal Bars | Bagel Dinner roll French bread Buns Pancake White bread Biscuit Cornbread Donut Saltines Pretzels Graham Crackers | Ry-Krisp (3) Wheat Thins (6) Triscuits (2) Raisin bread Tortilla Microwave Popcorn (1 cup) | Whole Wheat bread Rye bread Pumpernickel bread Kavli crackers (2) | Popcorn -air popped (3 cups) | Fiber One bread Arnold's 100% whole wheat thin buns |

Read Nutrition Label. Choose products with 3 grams of fiber per serving or more.