

Fiber Content of Foods in Common Portions

A high fiber diet can help lower cholesterol, control blood sugar (soluble fiber), and prevent constipation (insoluble). Aim for 25-35 grams (g) of total fiber each day –or 6-8 grams per meal, and 3-4 grams per snack, choosing foods from all the categories listed here. Increase your fiber intake gradually, over 2 or 3 weeks, so your system can adapt to the added bulk without discomfort. Drink plenty of fluids, at least 6-8 cups of caffeine-free liquid daily.

Food Item	Serving Size	Total Fiber/ Serving (g)	Soluble Fiber/ Serving (g)	Insoluble Fiber/ Serving (g)
Vegetables, cooked (cooked)				
Asparagus	½ cup	2.8	1.7	1.1
Beets, flesh only	½ cup	1.8	0.8	1.0
Broccoli	½ cup	2.4	1.2	1.2
Brussels sprouts	½ cup	3.8	2.0	1.8
Corn, whole kernel, canned	½ cup	1.6	0.2	1.4
Carrots, sliced	½ cup	2.0	1.1	0.9
Cauliflower	½ cup	1.0	0.4	0.6
Green beans, canned	½ cup	2.0	0.5	1.5
Kale	½ cup	2.5	0.7	1.8
Okra, frozen	½ cup	4.1	1.0	3.1
Peas, green, frozen	½ cup	4.3	1.3	3.0
Potato, sweet, flesh only	½ cup	4.0	1.8	2.2
Spinach	½ cup	1.6	0.5	1.1
Tomato sauce	½ cup	1.7	0.8	0.9
Turnip	½ cup	4.8	1.7	3.1
Raw Vegetables				
Cabbage, red	1 cup	1.5	0.6	0.9
Carrots, fresh	1, 7 ½ in. long	2.3	1.1	1.2
Celery, fresh	1 cup chopped	1.7	0.7	1.0
Cucumber, fresh	1 cup	0.5	0.2	0.3
Lettuce, iceberg	1 cup	0.5	0.1	0.4
Mushrooms, fresh	1 cup pieces	0.8	0.1	0.7
Onion, fresh	½ cup chopped	1.7	0.9	0.8
Pepper, green, fresh	1 cup chopped	1.7	0.7	1.0
Tomato, fresh	1 medium	1.0	0.1	0.9
Fruits				
Apple, red, fresh w/skin	1 small	2.8	1.0	1.8
Applesauce, canned	½ cup	2.0	0.7	1.3
Apricots, dried	7 halves	2.0	1.1	0.9
Apricots, fresh w/skin	4	3.5	1.8	1.7
Banana, fresh	½ small	1.1	0.3	0.8
Blueberries, fresh	¾ cup	1.4	0.3	1.1
Cherries, black, fresh	12 large	1.3	0.6	0.7
Figs, dried	1 ½	3.0	1.4	1.6
Grapefruit, fresh	½ medium	1.6	1.1	0.5
Grapes, fresh w/skin	15 small	0.5	0.2	0.3
Kiwifruit, fresh, flesh only	1 large	1.7	0.7	1.0
Mango, fresh, flesh only	½ small	2.9	1.7	1.2
Melon, cantaloupe	1 cup cubed	1.1	0.3	0.8
Orange, fresh, flesh only	1 small	2.9	1.8	1.1
Peach, fresh, w/skin	1 medium	2.0	1.0	1.0
Pear, fresh, w/skin	½ large	2.9	1.1	1.8
Plum, red, fresh	2 medium	2.4	1.1	1.3
Prunes, dried	3 medium	1.7	1.0	0.7
Raisins, dried	2 tbsp	0.4	0.2	0.2
Raspberries, fresh	1 cup	3.3	0.9	2.4
Strawberries, fresh	1 ¼ cup	2.8	1.1	1.7
Watermelon	1 ¼ cup cubed	0.6	0.4	0.2

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Legumes (cooked)				
Black beans	½ cup	6.1	2.4	3.7
Black-eyed peas	½ cup	4.7	0.5	4.2
Chick peas, dried	½ cup	4.3	1.3	3.0
Kidney beans, light red	½ cup	7.9	2.0	5.9
Lentils	½ cup	5.2	0.6	4.6
Lima beans	½ cup	4.3	1.1	3.2
Navy beans	½ cup	6.5	2.2	4.3
Pinto beans	½ cup	6.1	1.4	4.7
Pasta, Rice, Grains				
Barley, pearled, cooked	½ cup	3.0	0.8	2.2
Popcorn, popped	3 cups	2.0	0.1	1.9
Rice, white, cooked	½ cup	0.8	trace	0.8
Spaghetti, white cooked	½ cup	0.9	0.4	0.5
Spaghetti, whole wheat, cooked	½ cup	2.7	0.6	2.1
Wheat bran	½ cup	12.3	1.0	11.3
Wheat germ	3 tbsp	3.9	0.7	3.2
Breads and Crackers				
Pumpernickel	1 slice	2.7	1.2	1.5
Rye	1 slice	1.8	0.8	1.0
White	1 slice	0.6	0.3	0.3
Whole wheat	1 slice	1.5	0.3	1.2
Cereals				
All Bran	1/3 cup	8.6	1.4	7.2
Benefit	¾ cup	5.0	2.8	2.2
Cheerios	1 ¼ cup	2.5	1.2	1.3
Corn flakes	1 cup	0.5	0.1	0.4
Cream of wheat, regular, dry	2 ½ tbsp	1.1	0.4	0.7
Fiber One	½ cup	11.9	0.8	11.1
40% Bran Flakes	2/3 cup	4.3	0.4	3.9
Grapenuts	¼ cup	2.8	0.8	2.0
Oat bran, cooked	¾ cup	4.0	2.2	1.8
Oat flakes	1 cup	3.1	1.5	1.6
Oatmeal, dry	1/3 cup	2.7	1.4	1.3
Puffed Wheat	1 cup	1.0	0.5	0.5
Raisin Bran	¾ cup	5.3	0.9	4.4
Rice Krispies	1 cup	0.3	0.1	0.2
Shredded Wheat	1 cup	5.2	0.7	4.5
Special K	1 cup	0.9	0.2	0.7
Wheat flakes	¾ cup	2.3	0.4	1.9
Nuts and Seeds				
Almonds	6 whole	0.6	0.1	0.5
Flaxseeds	1 tbsp	3.3	1.1	2.2
Peanut butter, smooth	1 tbsp	1.0	0.3	0.7
Peanuts, roasted	10 large	0.6	0.2	0.4
Sesame seeds	1 tbsp	0.5	0.2	0.3
Sunflower seeds	1 tbsp	0.5	0.2	0.3
Walnuts	2 whole	0.3	0.1	0.2

Adapted from Anderson JW. *Plant Fiber in Foods*. 2nd ed. HCF Nutrition Research Foundation Inc, PO Box 22124, Lexington, KY 40522, 1990.

