

FIBER IN FOODS

Find the Fiber in Your Favorites

1. Circle your high fiber favorites in the list of foods below.
2. From your selection of favorites add up the grams of fiber in the foods you think you would eat each day.
Did you reach the goal of 20-35 grams of fiber per day?
3. Consider trying one of the foods listed below that you've never eaten. Which ones do you think you would like to try? _____

FOOD	SERVING SIZE	GRAMS OF DIETARY FIBER (soluble & insoluble)	FOOD	SERVING SIZE	GRAMS OF DIETARY FIBER (soluble & insoluble)
Fruits			Legumes, cooked (continued)		
Apple, with skin	1 medium	2.0 - 2.5	Kidney beans	1/2 cup	7.3
Banana	1 medium	1.8	Lentils	1/2 cup	3.7
Blueberries	1/2 cup	1.7	Refried beans	1/2 cup	6.0
Cantaloupe	1/4	1.1	Soybeans, cooked from dry	1/2 cup	3.0
Figs, dried	2	3.5	Breads, Grains, Pasta		
Grapes, seedless	1/2 cup	1.0	Bagel	1	1.2
Grapefruit, white or pink	1/2	1.6	Bran muffin	1 medium size	2.8
Kiwi	1	2.6	Corn bread muffin	1 medium size	1.6
Orange	1 medium	3.1	French bread	1 slice	0.8
Peach, with skin	1 medium	1.4	Pumpnickel bread	1 slice	1.9
Pear, with skin	1 medium	4.3	Rice, brown, cooked	1/2 cup	1.7
Pineapple, fresh or canned	1/2 cup	1.2	Rice, white, cooked	1/2 cup	0.0
Prunes, dried	3	1.8	Spaghetti, cooked	1/2 cup	1.6
Raisins, seedless	1/4 cup	1.9	Taco shell	1	1.1
Strawberries	1 cup	3.9	White bread	1 slice	0.5
Watermelon	1 cup	0.6	Whole-wheat bread (100% whole wheat)	1 slice	1.9
Vegetables, cooked			Snack Foods		
Asparagus, cooked from frozen	1/2 cup	1.6	Corn chips	1 ounce	1.3
Broccoli, cooked from frozen	1/2 cup	2.5	Fig bar cookies	2 cookies	1.3
Brussels sprouts, cooked from fresh or frozen	1/2 cup	3.4	Graham crackers	2 crackers	0.6
Corn, cooked from frozen	1/2 cup	3.4	Peanuts, dry roasted	1/4 cup	2.9
Green beans, cooked from frozen	1/2 cup	2.1	Popcorn, air-popped	1 cup	0.9
Onion, cooked from fresh	1/2 cup	1.5	Rye crackers, whole grain	2 crackers	2.2
Potato, baked, with skin	1 medium	3.6	Sunflower seeds	1/4 cup	2.3
Spinach, cooked from frozen	1/2 cup	2.5	Walnuts, English	1/4 cup	1.4
Sweet potato, baked in skin	1 medium	3.4	Breakfast Cereals		
Zucchini, cooked from fresh	1/2 cup	1.8	See the Nutrition Facts label for the fiber content of your favorite cereal.		
Vegetables, raw			(If the label shows 10% of the Daily Value for fiber, this means that one serving contains 10% of the recommended 25 grams of fiber daily. To calculate grams of fiber in one serving: 10% x 25 grams = 2.5 grams of fiber.)		
Cabbage, shredded	1 cup	1.7	All-Bran	1/3 cup	8.5
Carrots	1 medium	2.3	Bran Chex	2/3 cup	4.6
Cauliflower	1/2 cup	1.3	Bran Flakes	3/4 cup	5.3
Celery	1 stalk	0.6	Cornflakes	1-1/4 cups	0.6
Cucumber, sliced	1/2 cup	0.5	Granola, lowfat	1/4 cup	1.0 - 3.2
Lettuce, romaine	1 cup	1.0	Oat bran, raw	1/3 cup	4.9
Mushrooms, sliced	1/2 cup	1.5	Oatmeal, regular, quick & instant (cooked)	3/4 cup	1.6
Spinach as salad greens	1 cup	1.9	Raisin Bran	3/4 cup	4.8
Tomato	1 medium	1.6	Wheat Bran	1/3 cup	11.4
Legumes, cooked					
Baked beans, canned	1/2 cup	7.0			
Black beans	1/2 cup	7.7			
Black-eyed peas, canned	1/2 cup	8.5			
Green peas, cooked from frozen	1/2 cup	3.6			

APR 17 2002