



Fiber Amounts in Food

Food Group	Amount	Grams of Fiber	Food Group	Amount	Grams of Fiber
Fruits			Corn		
Pear	½ large	3	Drained solids	½ cup	3
Apple	1 med	3	Cob	1" to 4"	1
Blackberries	½ cup	3	Rice (cooked)		
Raisins	3 Tbls	3	Brown	½ cup	2
Strawberries	1 cup	3	White	½ cup	0
Grapefruit (fresh)	1 med	3	Pasta		
Blueberries	½ cup	2	Whole wheat spaghetti	1 cup	4
Dates (dried)	3	2	Macaroni	1 cup	1
Figs (dried)	1 cup	2	Noodles	1 cup	1
Mango	1	2	Spaghetti	1 cup	1
Nectarine	1 med	2	Soups		
Orange	1 med	2	Bean, lentil, pea soups	2/3 cup	5
Peach (fresh)	1 med	2	Minestrone	1 cup	4
Peaches (canned)	1 cup	2	Broth	Any	0
Pear (canned)	1 cup	2	Vegetables		
Pineapple	1 cup	2	Lima beans	½ cup	2
Plums	2 med	2	Peas	½ cup	2
Prunes	2 med	2	Turnip Greens	2/3 cup	2
Tangerine	1 large	2	Tomato (raw)	1 large	2
Grapes	1 cup	1	Broccoli (boiled)	½ cup	2
Applesauce	½ cup	1	Green beans	½ cup	2
Apricots	2 med	1	String beans	½ cup	2
Banana	½ med	1	Beets	½ cup	2
Cantaloupe	1 cup	1	Brussel sprouts	½ cup	2
Cherries	10 large	1	Cabbage	½ cup	2
Honeydew melon	1 cup	1	Carrots (raw)	1 large	2
Watermelon	1 cup	1	Carrots (boiled)	½ cup	2
Meats, eggs, fish, cheese			Cauliflower	¾ cup	2
Peanut Butter (smooth)	2 Tbls	2	Coleslaw	½ cup	2
Beef, lamb, pork, fish	Any	0	Eggplant	1/3 cup	2
Eggs, cheese			Okra	½ cup	2
Starches (potato)			Desserts		
Sweet	1"-5" long	4	Fruit pie	1/8 of 9" pie	2
Baked	1 med	3	Coffee cake w/ nuts	1" x 2 ½" sq.	1
Boiled (peeled)	1 med	2	Cupcake (frosted)	1" – 2 ½" dia.	1
French fries	10 strips	1	Gelatin, ice cream, pudding	Any	0
Mashed	½ cup	1	Popcorn	1 cup	1
Dried Peas and Beans					
Baked beans	½ cup	9			
Kidney beans	½ cup	7			
Navy beans	½ cup	6			
Pinto beans	½ cup	5			
Dried peas	½ cup	5			
Lima beans	½ cup	4			
Lentils	½ cup	4			