



FOOD AND FIBER CHART

Your Secret Key To Better Health

Fruits	Protein	Starch	Portion	Fiber (gms)	Soluble (gms)	Insoluble (gms)
Apple, w/skin	–	–	1 small	2.8	1	1.8
Apple sauce	–	–	1/2 cup	2	.7	1.3
Apricots, canned	–	–	4 halves	1.2	.5	.7
Apricots, dried	–	–	7 halves	2	1.1	.9
Apricot, fresh	–	–	4	3.5	1.8	1.7
Avocado, fresh	–	–	1/8	1.2	.5	.7
Banana	–	–	1/2 small	1.1	.3	.8
Blackberries, fresh	–	–	3/4 cup	6	2	4
Blueberries, fresh	–	–	3/4 cup	1.4	.3	1.1
Cherries, black	–	–	12 large	1.3	.6	.7
Cherries, canned	–	–	1/2 can	1.8	.9	.9
Currant, dried	–	–	2 tbsp	0.4	.2	.2
Dates, dried	–	–	2.5 med.	0.9	.3	.6
Figs, dried	–	–	1.5 figs	2.3	1.1	1.2
Fruit Cocktail	–	–	1/2 cup	2	.7	1.3
Grapefruit	–	–	1/2 med.	1.6	1.1	.5
Grapes, red	–	–	15 small	0.4	.2	.2
Grapes, white	–	–	15 small	0.6	.3	.3
Kiwi, w/skin	–	–	1 large	1	.7	.3
Mango, flesh only	–	–	1/2 small	2.9	1.7	1.2

Cantaloupe	–	–	1 cup	1.1	.3	.8
Honeydew	–	–	1 cup	0.9	.3	.6
Watermelon	–	–	1 cup	0.6	.4	.2
Nectarine	–	–	1 small	1.8	.8	1
Orange	–	–	1 small	2.9	1.8	1.1
Peaches, canned	–	–	1/2 cup	2	.7	1.3
Peaches, fresh	–	–	1 medium	2	1	1
Pear, canned	–	–	1/2 cup	3.7	.7	3
Pear, fresh	–	–	1 small	2.9	1.1	1.8
Pineapple, canned	–	–	1/3 cup	1.4	.2	1.2
Pineapple, fresh	–	–	3/4 cup	1.4	.1	1.3
Plum, red	–	–	2 medium	2.4	1.1	1.3
Prunes, dried	–	–	3 medium	1.7	1	.7
Raisins	–	–	2 tbsp	0.4	.2	.2
Raspberries	–	–	1 cup	3.3	.9	2.4
Strawberries	–	–	1.25 cup	2.8	1.1	1.7
Vegetables	Protein	Starch	Portion	Fiber (gms)	Soluble (gms)	Insoluble (gms)
Artichoke, cooked	–	–	medium	6.5	4.7	1.8
Asparagus, cooked	–	–	1/2 cup	2.8	1.7	1.1
Bean sprouts	–	–	1 cup	1.6	.6	1
Beets, fresh	–	v	1/2 cup	1.8	.8	1
Broccoli, cooked	–	–	1.2 cup	2.4	1.2	1.2
Brussel sprouts	–	–	1/2 cup	3.8	2	1.8
Cabbage, red, cooked	–	–	1/2 cup	2.6	1.1	1.5
Carrots, canned	–	v	1/2 cup	1.5	.7	.8
Carrots, fresh	–	v	1 med.	2.3	1.1	1.2
Cauliflower, cooked	–	–	1/2 cup	1	.4	.6
Celery, fresh	–	–	1 cup	1.7	.7	1
Corn	–	–	1/2 cup	1.6	.2	1.1
Cucumber	–	–	1 cup	.5	.2	.3

Green beans, canned	–	–	1/2 cup	2	.5	1.5
Green beans, cooked	–	–	1/2 cup	2.8	1.1	1.7
Kale	–	–	1/2 cup	1	1	0
Lettuce, arugula	–	–	1/2 cup	.16	.04	.12
Lettuce, chicory	–	–	1 cup	1.16	.26	.9
Lettuce, endive	–	–	1/2 cup	.78	.16	.62
Lettuce, iceberg	–	–	1 cup	.5	.1	.4
Lettuce, radicchio	–	–	1 cup	.36	.07	.29
Lettuce, romaine	–	–	1 cup	.9	.3	.6
Lettuce, watercress	–	–	1 cup	.17	.03	.14
Mushrooms	–	–	1 cup	.8	.1	.7
Peas, canned	–	–	1/2 cup	3.2	.4	2.8
Peas, frozen	–	–	1/2 cup	4.3	1.3	3
Pepper, green	–	–	1 cup	1.7	.7	1
Spinach, cooked	–	–	1/2 cup	1.6	.5	1.1
Sweet potato	–	v	1/3 cup	.8	.3	.5
Tomato, canned	–	–	1/2 cup	1.3	.5	.8
Tomato, fresh	–	–	1 med.	1	.1	.9
Tomato, sauce	–	–	1/3 cup	1.1	.5	.6
Turnip	–	–	1/2 cup	4.8	1.7	3.1
V-8 juice	–	–	1/2 cup	.7	.2	.5
Yellow Squash	–	–	1/2 cup	.7	.3	.4
Zucchini, cooked	–	–	1/2 cup	1.2	.5	.7
Legumes, Nuts, Seeds	Protein	Starch	Portion	Fiber (gms)	Soluble (gms)	Insoluble (gms)
Almonds	v	–	6 whole	.6	.1	.5
Black beans, cooked	v	–	1/2 cup	6.1	2.4	3.7

Black eyed peas	v	–	1/2 cup	4.7	.5	4.2
Brazil nuts	v	–	1 tbsp	.5	.1	.4
Butter beans	v	–	1/2 cup	6.9	2.7	4.2
Chickpeas, cooked	v	–	1/2 cup	4.3	1.3	3
Coconut, dried	v	–	1.5 tbsp	1.5	.1	1.4
Coconut, fresh	v	–	2 tbsp	1.1	.1	1
Hazelnuts	v	–	1 tbsp	.5	.2	.3
Kidney beans, dark	v	–	1/2 cup	6.9	2.8	4.1
Kidney beans, light	v	–	1/2 cup	7.9	2	5.9
Lentils	v	–	1/2 cup	5.2	.6	4.6
Lima bean, cooked	v	–	1/2 cup	4.3	1.1	3.2
Navy bean, cooked	v	–	1/2 cup	6.5	2.2	4.3
Pinto bean, canned	v	–	1/2 cup	6.1	1.4	4.7
Pinto bean, cooked	v	–	1/2 cup	5.9	1.9	4
Peanuts, roasted	v	–	10 large	.6	.2	.4
Sesame Seeds	v	–	1 tbsp	.8	.2	.6
Sunflower Seeds	v	–	1 tbsp	.5	.2	.3
Split peas, cooked	v	–	1/2 cup	3.1	1.1	2
Walnuts	v	–	2 whole	.3	.1	.2
Grains, Cereal & Pasta	Protein	Starch	Portion	Fiber (gms)	Soluble (gms)	Insoluble (gms)
Barley	–	v	1/2 cup cooked	4.2	.9	3.3
Bran, dry	–	v	1/4 cup	6	trace	6
Bread, bagel	–	v	1/2 bagel	.7	.3	.4
Bread, wheat	–	v	1 slice	1.9	.3	1.6
Bread, bran	–	v	1 slice	1.5	.2	1.3
Bread, cornbread	–	v	1 2 in. cube	1.4	.3	1.1
Bread, muffin	–	v	1/2 muffin	.8	.2	.6
Bread, French	–	v	1 slice	.9	.3	.6
Bread, bun	–	v	1/2 bun	.7	.2	.5
Bread, mixed-grain	–	v	1 slice	1.9	.3	1.6

Bread, oatmeal	–	v	1/2 slice	1.2	.3	.9
Bread, pita	–	v	1/2	.5	.2	.3
Bread, pumper	–	v	1 slice	2.7	1.2	1.5
Bread, raisin	–	v	1 slice	1.2	.3	.9
Bread, rye	–	v	1 slice	1.8	.8	1
Bread, sourdough	–	v	1 slice	.8	.3	.5
Bread, tortilla	–	v	1 shell	.7	.3	.4
Bread, waffle	–	v	1 waffle	.7	.3	.4
Bread, white	–	v	1 slice	.6	.3	.3
Bulgur, cooked	–	v	1/2 cup	2.9	.5	2.4
Cereal, All Bran	–	v	1/3 cup	8.6	1.4	7.2
Cereal, bran flakes	–	v	1/2 cup	2.1	.8	.3
Cereal, Cheerios	–	v	1.25 cup	2.5	1.2	1.3
Cereal, Corn Flakes	–	v	1 cup	.5	.1	.4
Cereal, Fiber One	–	v	1/2 cup	11.9	.8	11.1
Cereal, Nutri-grain	–	v	2/3 cup	2.7	.7	2
Cereal, Oat Bran	–	v	3/4 cup	4	2.2	1.8
Cereal, Puffed Rice	–	v	1 cup	1	.5	.5
Cereal, Quaker Oat	–	v	1/2 cup	2.2	.8	1.4
Cereal, Raisin Bran	–	v	3/4 cup	5.3	.9	4.4
Cereal, Rice Krispy	–	v	1 cup	.3	.1	.2
Cereal, Shredded Wheat	–	v	2/3 cup	3.5	.5	3
Cereal, Special K	–	v	1 cup	.9	.2	.7
Cereal, Total	–	v	1 cup	2.6	.6	2
Cereal, Wheat. Flake	–	v	3/4 cup	2.3	.4	1.9
Cereal, Wheaties	–	v	2/3 cup	2.3	.4	1.6
Crackers, Matzo	–	v	1 cracker	1	.5	.5
Crackers, Melba	–	v	5 slices	1.8	.4	1.4
Crackers, Saltine	–	v	6 cracker	.5	.3	.2

Crackers, Salty Wheat	–	v	5 cracker	.3	.2	.4
Flour, oat	–	v	2.5 tbsp	1.8	1	.8
Flour, rye	–	v	2.5 tbsp	2.6	.8	1.8
Flour, white	–	v	2.5 tbsp	.6	.3	.3
Flour, whole wheat	–	v	2.5 tbsp	2.1	.3	1.8
Millet	–	v	1/2 cup, cooked	3.3	.6	2.7
Noodles, egg	–	v	1/2 cup	1.4	.4	1
Oatmeal, cream wheat	–	v	2.5 tbsp	1.1	.4	.7
Oatmeal, plain	–	v	1/3 cup	2.7	1.4	1.3
Popcorn, popped	–	v	3 cups	2	.1	1.9
Pretzels	–	v	3/4 ounce	.8	.2	.6
Rice, white	–	v	1/3 cup	.5	trace	.5
Rice, wild	–	v	1/3 cup	.4	.1	.3
Spaghetti, white	–	v	1/2 cup	.9	.4	.5
Spaghetti, wheat	–	v	1/2 cup	2.7	.6	2.1
Wheat bran	–	v	1/2 cup	12.3	1	11.3
Wheat germ	–	v	3 tbsp	3.9	.7	3.2