

Table 5
Common Foods and Their Dietary Fiber Content

Food	Serving Size	Total Fiber (gm)	Food	Serving Size	Total Fiber (gm)
Cereals (dry)			Breads (cont.)		
All Bran	1 oz	10.00	Cracked wheat	1 slice	2.11
Bran	1 oz	8.72	French	1 slice	0.67
Bran Buds	1 oz	8.00	Multigrain	1 slice	1.92
Corn Flakes	1 oz	0.45	Pumpernickel	1 slice	1.72
Fiber One	1 oz	13.0	Rye	1 slice	1.72
Granola	1 oz	1.50	White	1 slice	0.50
Oat bran	1 oz	4.08	Whole wheat	1 slice	2.11
Oat flakes	1 oz	3.39	Nuts		
Oatmeal	1 oz	2.51	Almonds, roasted	1/2 cup	7.95
Puffed Rice	1 oz	0.37	Peanuts, roasted	1/2 cup	6.34
Shredded Wheat	1 oz	2.64	Vegetables (cooked, unless otherwise noted)		
Wheat germ	1 oz	4.05	Artichoke	1 globe	3.96
Grains (before cooking)			Asparagus	1/2 cup	1.48
Barley	1/2 cup	15.60	Broccoli	1/2 cup	2.58
Cornmeal	1/2 cup	3.59	Brussels sprouts	1/2 cup	3.51
Egg noodles	2 oz	3.26	Cabbage, green	1/2 cup	1.50
Flour			Cabbage, green, raw	1/2 cup	0.73
Buckwheat	1/2 cup	3.14	Carrots	1/2 cup	2.42
Rye	1/2 cup	6.42	Cauliflower	1/2 cup	2.30
White	1/2 cup	2.01	Cauliflower, raw	1/2 cup	1.20
Whole wheat	1/2 cup	6.56	Celery, raw	1/2 cup	0.96
Macaroni noodles			Corn	1/2 cup	3.03
White	2 oz	2.49	Cucumber, raw	1/2 cup	0.52
Whole wheat	2 oz	5.61	Eggplant	1/2 cup	0.96
Popcorn, popped	1 cup	1.05	Green peas	1/2 cup	3.36
Psyllium	1 teaspoon	3.40	Lettuce, iceberg, raw	1/2 cup	0.24
Rice			Onion (white/yellow/red/raw)	1/2 cup	1.28
White	1/2 cup	1.42	Potato, baked with skin	1/2 cup	1.95
Brown	1/2 cup	5.27	Spinach	1/2 cup	2.07
Spaghetti	2 oz	2.56	Squash		
Fruits (fresh, unless otherwise noted)			Acorn, baked	1/2 cup	2.87
Apple, with peel	1 medium	2.76	Tomato, raw	1/2 cup	1.17
Apricots	1 cup	3.13	Zucchini	1/2 cup	1.26
Banana	1 medium	2.19	Beans (cooked from dry, unless otherwise noted)		
Blackberries	1 cup	7.20	Black-eyed peas	1/2 cup	8.21
Boysenberries	1 cup	7.20	Brown beans	1/2 cup	4.64
Cantaloupe	1 wedge	1.07	Green/string beans, canned	1/2 cup	1.89
Cherries	1 cup	1.88	Kidney beans	1/2 cup	5.48
Grapefruit	1 medium	3.61	Lentils	1/2 cup	5.22
Grapes	1 cup	1.12	Lima beans	1/2 cup	4.25
Orange	1 medium	3.14	Navy beans	1/2 cup	7.72
Pear, with peel	1 medium	4.32	Northern beans	1/2 cup	4.72
Pineapple	1 cup	1.86	Pinto beans	1/2 cup	5.93
Plum	1 medium	0.99	Red beans	1/2 cup	5.48
Prunes, canned	1 cup	13.76	Wax/yellow beans	1/2 cup	1.89
Raspberries	1 cup	6.03	White beans	1/2 cup	4.72
Strawberries	1 cup	3.87			
Watermelon	1 slice	1.93			
Breads					
Black	1 slice	1.72			
Bran	1 slice	2.66			
Corn	1 medium piece	1.24			
Crackers					
Saltines (reg)	1 cracker	0.08			
Graham (plain)	1 square	0.25			