

Common Foods and Their Dietary Fiber Content

Food	Serving Size	Total Fiber (gm)
Cereals (dry)		
All Bran	1 oz	10.00
Bran	1 oz	8.72
Bran Buds	1 oz	8.00
Corn Flakes	1 oz	0.45
Fiber One	1 oz	13.0
Granola	1 oz	1.50
Oat bran	1 oz	4.08
Oat flakes	1 oz	3.39
Oatmeal	1 oz	2.51
Puffed Rice	1 oz	0.37
Shredded wheat	1 oz	2.64
Wheat germ	1 oz	4.05
Grans (before cooking)		
Barley	½ cup	15.60
Cornmeal	½ cup	3.59
Egg noodles	2 oz	3.26
Flour		
Buckwheat	½ cup	3.14
Rye	½ cup	6.42
White	½ cup	2.01
Whole wheat	½ cup	6.56
Macaroni Noodles		
White	2oz	2.49
Whole wheat	2oz	5.61
Popcorn, popped	1 cup	1.05
Psyllium	1 teaspoon	3.40
Rice		
White	½ cup	1.42
Brown	½ cup	5.27
Spaghetti	2oz	2.56

Fruits (fresh, unless otherwise noted)		
Apple, with peel	1 medium	2.76
Apricots	1 cup	3.13
Banana	1 medium	2.19
Blackberries	1 cup	7.20
Boysenberries	1 cup	7.20
Cantaloupe	1 wedge	1.07
Cherries	1 cup	1.88
Grapefruit	1 medium	3.61
Grapes	1 cup	1.12
Orange	1 medium	3.14
Pear, with peel	1 medium	4.32
Pineapple	1 cup	1.86
Plum	1 medium	0.99
Prunes, canned	1 cup	13.76
Raspberries	1 cup	6.03
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
Cracked wheat	1 slice	2.11
French	1 slice	0.67
Multigrain	1 slice	1.92
Pumpernickel	1 slice	1.72
Rye	1 slice	1.72
White	1 slice	0.50
Whole wheat	1 slice	2.11
Nuts		
Almonds, roasted	½ cup	7.95
Peanuts, roasted	½ cup	6.34
Vegetables (cooked, unless otherwise noted)		
Artichoke	1 globe	3.96
Asparagus	½ cup	1.48
Broccoli	½ cup	2.58
Brussels sprouts	½ cup	3.51
Cabbage, green	½ cup	1.50
Cabbage, green, raw	½ cup	0.73
Carrots	½ cup	2.42
Cauliflower	½ cup	2.30
Cauliflower, raw	½ cup	1.20
Celery, raw	½ cup	0.96

Corn	½ cup	3.03
Cucumber, raw	½ cup	0.52
Eggplant	½ cup	0.96
Green peas	½ cup	3.36
Lettuce, iceberg, raw	½ cup	0.24
Onion (white/yellow/red/raw)	½ cup	1.28
Potato, baked with skin	½ cup	1.95
Spinach	½ cup	2.07
Squash		
Acorn, baked	½ cup	2.87
Tomato, raw	½ cup	1.17
Zucchini	½ cup	1.26
Beans (cooked from dry, unless otherwise noted)		
Black-eyed peas	½ cup	8.21
Brown beans	½ cup	4.64
Green/string beans, canned	½ cup	1.89
Kidney beans	½ cup	5.48
Lentils	½ cup	5.22
Lima beans	½ cup	4.25
Navy beans	½ cup	7.72
Northern beans	½ cup	4.72
Pinto beans	½ cup	5.93
Red beans	½ cup	5.48
Wax/yellow beans	½ cup	1.89
White beans	½ cup	4.72