



## Fiber Content of Selected Food



<b>CEREALS</b>	
<b>1 gram fiber or less per serving</b>	<b>Serving Size</b>
Cap't n Crunch®	¾ cup
Corn Flakes	1 cup
Cream of What	1 oz
Crispix®	1 cup
Heartland Natural®	¼ cup
Honey Graham O's®	1 cup
Malt 'O Meal®	1 oz.
Product 19®	1 cup
Puffed wheat	1 cup
Rice Krispies®	1 cup
Special K®	1 cup
Wheaties, Honey Nut	¾ cup
<b>2 to 3 grams fiber per serving</b>	<b>Serving Size</b>
100% Natural, all varieties	¼ cup
Basic 4®	¾ cup
Cheerios®	1 cup
Clusters®	½ cup
Crispy Wheat & Raisins®	¾ cup
Granola, low fat with raisins	1/3 cup
Grist Mill®	¼ cup
Life®	2/3 cup
Oat Squares®	½ cup
Oatmeal Crisp®	½ cup
Oatmeal, dry	1 oz.
Total®	1 cup
<b>3 to 4 grams fiber per serving</b>	<b>Serving Size</b>
Frosted Mini-Wheats®	½ cup
Granola, no raisins, coconut	½ cup
Grape-Nuts Cereals®	¼ cup
Grape-Nuts Flakes®	7/8 cup
Great Grains®	1/3 cup
Honey Bran®	7/8 cup
Most®	2/3 cup
Mueslix®	2/3 cup
Nutri-grain®	2/3 cup
Oat bran, dry	¾ cup
Oatmeal, cooked	½ cup
Post Toasties®	1 cup
Ralston, cooked	½ cup
Shredding Wheat	1 biscuit
Wheat Chex®	2/3 cup
Wheat germ	3 tbsp.
Wheaties®, whole grain	1 cup
<b>CEREAL (Continued)</b>	
<b>4 grams fiber per serving</b>	<b>Serving Size</b>

40% Bran®	¾ cup
Cracklin Bran®	½ cup
Multi Bran Chex®	2/3 cup
Oat Bran, cooked	1/3 cup
Shredded Wheat & Bran®	2/3 cup
<b>5 grams fiber per serving</b>	<b>Serving Size</b>
Bran Flakes	2/3 cup
Corn bran	1 oz.
Fruit & Fiber®	2/3 cup
Multigrain Oatmeal®	½ cup
Raisin Bran, Kellogg's®	¾ cup
<b>6 or more grams of fiber per serving</b>	<b>Serving Size</b>
Raisin Bran, Post®	6 grams 2/3 cup
Bran Buds®	8 grams 13 cup
100% Bran	9 gram 1/3 cup
All Bran®	9 grams 1/3 cup
Fiber One®	13 grams ½ cup
<b>GRAINS AND STARCHES</b>	
<b>Less than 1 gram fiber per serving</b>	<b>Serving Size</b>
Bagel	½ bagel
Biscuit	1 biscuit
Bread Sticks	2 sticks
Cornmeal	2.5 tbsp.
French bread	1 slice
Graham crackers	2 squares
Macaroni	½ cup cooked
Pita bread	½ pocket
Saltines	6
Spaghetti	½ cup cooked
Tortilla, Flour	1
White bread	1 slice
White flour	2.5 tbsp.
White rice	1/3 cup cooked
Wild rice	1/3 cup cooked
<b>1 to 2 grams fiber per serving</b>	<b>Serving Size</b>
Bran bread	1 slice
Brown rice	½ cup cooked
Corn bread	2 inch cube
Corn chips	1 oz.
Hamburger bun	½
Raisin bread	1 slice
Rye bread	1 slice
Taco Shell	2
Tortilla, corn	1
Whole wheat bread	1 slice
<b>GRAINS AND STARCHES (Continued)</b>	
<b>2 to 3 grams fiber per serving</b>	<b>Serving Size</b>
Bran muffin	1 small

Cracked wheat bread	1 slice
Mixed grain bread	1 slice
Oatmeal bread	1 slice
Pumpernickel bread	1 slice
Whole wheat crackers	4
Whole wheat flour	2.5 tbsp.
Whole wheat noodles	½ cup cooked
<b>3 to 4 grams fiber per serving</b>	<b>Serving Size</b>
Popcorn	3 cups cooked
Rye Krisp®	½ oz.
Unprocessed bran	2.5 tbsp.
<b>FRUITS</b>	
<b>Less than 1 gram fiber per serving</b>	<b>Serving Size</b>
Fruit juice, any kind	½ cup
Honeydew	1 cup
Madarin Oranges	½ cup
Watermelon	1 cup
<b>1 to 2 grams fiber per serving</b>	<b>Serving Size</b>
Apricots, canned	4 halves
Avacado	1/8
Blueberries, fresh	½ cup
Cantaloupe	1 cup
Cherries, canned	½ cup
Cherries, fresh	12
Currants	2 tbsp.
Dates, dried	2.5 medium
Grapefruit, fresh	½
Grapes, fresh	15
Kiwi, flesh only	1 large
Nectarine	1 small
Pineapple, canned	½ cup
Pineapple, fresh	½ cup
Prunes, dried	3 medium
Prunes, stewed	¼ cup
Raisin	2 tbsp.
Tangerine	1 medium
<b>2 grams fiber per serving</b>	<b>Serving Size</b>
Applesauce	½ cup
Apricots, dried	7 halves
Banana	1 small
Figs, dried	1.5 figs
Fruit Cocktail	½ cup
Orange, flesh only	1 small
Peach, fresh	1 medium
Peaches, canned	½ cup
Pear, canned	½ cup
Plum, fresh	2 medium
<b>FRUIT (Continued)</b>	
<b>3 grams fiber per serving</b>	<b>Serving Size</b>
Apple, no skin	1 medium

Mango, flesh only	1/2 small
Raspberries, fresh	1/2 cup
Strawberries, fresh	1 cup
<b>4 grams fiber per serving</b>	<b>Serving Size</b>
Apple, with skin	1 medium
Apricots, fresh with skin	4
Pear, fresh	1 medium
<b>VEGETABLES</b>	
<b>Less than 1 gram fiber per serving</b>	<b>Serving Size</b>
Celery, fresh	1/2 cup chopped
Cucumber, fresh	1/2 cup
Lettuce, Iceberg	1 cup
Radishes	10
V-8® Juice	1/2 cup
Yellow squash, frozen	1/2 cup
<b>1 to 2 grams fiber per serving</b>	<b>Serving Size</b>
Asparagus, cooked	1/2 cup
Bean sprouts, fresh	1 cup
Beets, cooked	1/2 cup
Cabbage, fresh	1 cup
Carrots, canned	1/2 cup
Cauliflower, cooked	1/2 cup
Dill pickle	1 medium
French fried potatoes	10 medium
Green beans, canned	1/2 cup
Green pepper, fresh	1/2 cup chopped
Mushrooms, fresh	1 cup
Olives, canned	10 small
<b>2 grams fiber per serving</b>	<b>Serving Size</b>
Onion, fresh	1/2 cup
Pumpkin, fresh cooked	1 cup
Snow peas, fresh cooked	1/2 cup
Spinach, raw	1/2 cup
Sweet potato, canned	1/3 cup
Tomato sauce	1/3 cup
Tomato, canned	1/2 cup
Tomato, fresh	1 medium
Zucchini, cooked	1/2 cup
<b>2 to 3 grams fiber per serving</b>	<b>Serving Size</b>
Broccoli, cooked	1/2 cup
Cabbage, red, cooked	1/2 cup
Carrots, cooked	1/2 cup
Carrots, fresh	1, 7-1/2 inch
Corn, canned	1/2 cup
Eggplant	1/2 cup
Green beans, French style	1/2 cup
Kale, frozen	1/2 cup
<b>VEGETABLES (Continued)</b>	
Onion, cooked	1/2 cup chopped

