

Fiber Food Chart

Food	Serving Size	Grams of Fiber
Fruits		
Apple (with peel)	1 medium	3
Banana	1 medium	3
Blueberries	1 cup	4
Cantaloupe	1 cup	1
Grapefruit	1 medium	3
Orange	1 medium	3
Pear (with peel)	1 medium	4
Pineapple	1 cup	2
Prunes (dried)	½ cup	6
Raspberries	1 cup	8
Vegetables and beans		
Asparagus (5 medium, cooked)	½ cup	2
Kidney beans (cooked)	½ cup	6
Pinto beans	½ cup	8
Broccoli (cooked)	½ cup	2
Carrots	½ cup	2
Cauliflower (cooked)	½ cup	2
Sweet potato, w. skin (baked)	1 medium	3
White potato, w. skin (baked)	1 medium	5
Spinach, frozen, cooked, drained	½ cup	3
Tomato	1 medium	1
Breads, Cereals, Grains etc.		
Rye bread	1 slice	2
White bread	1 slice	1
Whole-wheat bread	1 slice	2
Kellogg's® All-Bran (original)	½ cup	10
Kellogg's ® All-Bran Bran Buds	1/3 cup	11
Quaker® Old-Fashioned Oatmeal (cooked)	1 cup	4
Wheat germ, toasted	2 tablespoons	3
Brown rice, cooked	½ cup	2
White rice, cooked	½ cup	0.3
Spaghetti, cooked	1 cup	2
Peanuts, dry-roasted	½ cup	6