

Prepared For:		Date:	
Prepared By:		Contact:	

Fiber Content of Foods

- Eating more than the serving size for a moderate or low-fiber food will make it a high-fiber food. Foods made with high-fiber ingredients will also be high in fiber.
- Unless otherwise noted, all foods are cooked: meat is roasted, fish is cooked with dry heat, and vegetables are cooked from fresh. Fruit is raw.
- This is a guide. Actual values may vary depending on product processing. Values are rounded to the closest 0.1-gram (g) increment and may be averaged with similar foods in the same group.

High Fiber (4 g or more)

Food	Serving	Grams (g)
Artichoke	1 medium	10.3
Beans, baked, plain	½ cup	5.2
Beans, black	½ cup	7.5
Beans, kidney, canned	½ cup	6.9
Beans, lima	½ cup	6.6
Beans, navy	½ cup	9.5
Beans, pinto	½ cup	7.7
Beans, white, canned	½ cup	6.3
Blackberries	½ cup	3.8
Bulgur	½ cup	4.1
Cereal, high fiber, bran	½ cup	4-9
Chickpeas, canned	½ cup	5.3
Lentils	½ cup	7.8
Mixed vegetables, frozen	½ cup	4
Pear	1 each	5.1
Peas, green, frozen	½ cup	4.4
Peas, split	½ cup	8.2
Potato, baked with skin	1 medium	4.4
Potato, sweet, baked with skin	1 medium	4.8
Quinoa	½ cup	5
Raspberries	½ cup	4
Soybeans	½ cup	5.1

Moderate Fiber (1-3 g)

Food	Serving	Grams (g)
Apple, with skin	1 medium	3.3
Applesauce	½ cup	1.5
Apricots	2 each	1.4
Apricots, canned	½ cup	2
Apricots, dried	10 halves	2.6
Avocado, raw	1 oz	1.9
Bagel, 4"	1 each	2
Banana	1 medium	3.1
Barley	½ cup	3
Beans, green or yellow	½ cup	2
Beets, canned	½ cup	1.5
Blueberries	½ cup	1.8
Bread: whole wheat or cracked wheat, pumpernickel, rye	1 slice	2
Broccoli	½ cup	2.5
Brussels sprouts	½ cup	2
Cabbage	½ cup	1.4
Carrots, frozen	½ cup	2.4
Carrots, raw	½ cup	1.6
Cauliflower	½ cup	2.5
Cereal, bran with raisins	½ cup	3.4
Cereal, wheat or oat	½ cup	2-4
Cherries, canned or fresh	10 each	1.4
Coconut, shredded	1 oz	2.5
Corn, canned or frozen	½ cup	2.1
Cornbread	2-x-2" piece	1.4
Crackers, whole wheat	4 each	1.7
Cranberries	½ cup	2.6
Dates, dried	5 each	3.3
Eggplant	½ cup	1.3
English muffin	1 each	2
Figs, medium	1 each	1.9
Fruit cocktail, canned	½ cup	1.2
Grapefruit	½ each	1.4
Greens, such as turnip, beet, collards	½ cup	1.6-3.2
Kale, cooked	½ cup	1.3
Kiwi	1 medium	2.3
Melon	1 cup	1.4

Muffin, oat bran	2 oz	2.7
Nuts: almonds	1 oz	3.5
Nuts: pistachios, pecans, walnuts	1 oz	2-3
Oat bran	½ cup	2.3
Oatmeal	½ cup	2
Okra	½ cup	2
Orange, 2½"	1 each	3.1
Papaya	½ each	2.8
Peaches, fresh or canned	1 each or ½ cup	1.5
Peanuts	1 oz	2.7
Pears, canned	½ cup	2.1
Peas, green, canned	½ cup	3.5
Pineapple, fresh	½ cup	1.1
Plum, 2"	1 each	1
Popcorn, air-popped	1 cup	1.2
Prune juice	½ cup	1.3
Prunes	5 each	3.5
Pumpkin, canned	½ cup	3.6
Raisins, seedless	¼ cup	1.4
Rice, brown or wild	½ cup	1.8
Sauerkraut, canned	½ cup	3.4
Seeds, sunflower or pumpkin	¼ cup	1.1
Spaghetti, whole wheat	½ cup	3.2
Spinach, canned	½ cup	2.6
Spinach, frozen	½ cup	3.5
Squash, all varieties	½ cup	2.9
Strawberries	½ cup	1.7
Tangerine	1 each	1.5
Tomato sauce, spaghetti or marinara	½ cup	3.3
Tomatoes, raw	1 medium	1.5
Tortilla, corn, 6"	1 each	1.6
Vegetable or soy patty	1 each	3.4
Wheat germ	2 Tbsp	1.7

Low Fiber (less than 1 g)

Food	Serving
Bread, white	1 slice
Cheese, all types	1 oz

Egg, whole	1 large
Fruit juice	½ cup
Ice cream	½ cup
Lettuce, leaf	1 cup
Meat, poultry and fish	1 oz
Milk, all types	1 cup
Peanut butter	2 Tbsp
Pudding or tapioca	½ cup
Rice, white	½ cup
Sour cream	1 oz
Soy milk	1 cup
Spinach, raw	1 cup
Tuna, canned	1 oz
Waffle or pancake, 4"	1 each
Yogurt	6 oz

Sources: US Department of Agriculture Agricultural Research Service. USDA National Nutrient Database for Standard Reference; NutritionData.com. Nutrition Facts and Information; Academy of Nutrition and Dietetics. Constipation Nutrition Therapy. Nutrition Care Manual.

Notes