

# FINDING FIBER IN FOODS

You may want to keep this chart with you and use it for quick reference.\*



Food	Serving Size	Soluble Fiber	Total Fiber (grams)
<b>Vegetables</b>			
Artichoke	1 globe	2.20	3.96
Asparagus	½ cup	0.31	1.48
Broccoli	½ cup	1.15	2.58
Brussels sprouts	½ cup	1.41	3.51
Carrots	½ cup	0.94	2.42
Celery	½ cup	0.42	0.96
Corn	½ cup	1.31	3.03
Cucumber	½ cup	0.10	0.52
Green peas	½ cup	0.48	3.36
Lettuce	½ cup	0.06	0.24
Potato	½ cup	0.70	1.95
Spinach	½ cup	0.47	2.07
Tomato	½ cup	0.45	1.17
Zucchini	½ cup	0.27	1.26
<b>Beans</b>			
Black-eyed peas	½ cup	0.88	8.21
Brown beans	½ cup	1.04	4.64
Green/string beans	½ cup	0.46	1.89
Kidney beans	½ cup	1.38	5.48
Lentils	½ cup	0.56	5.22
Lima beans	½ cup	0.85	4.25
Navy beans	½ cup	2.60	7.72
Northern beans	½ cup	1.06	4.72
Pinto beans	½ cup	1.86	5.93
Red beans	½ cup	1.38	5.48
Wax/yellow beans	½ cup	0.46	1.89
White beans	½ cup	1.06	4.72
<b>Fruits</b>			
Apple with peel	1 medium	0.97	2.76
Apricots	1 cup	1.25	3.13
Banana	1 medium	0.64	2.19
Blackberries	1 cup	0.91	7.20
Boysenberries	1 cup	0.91	7.20
Cantaloupe	1 wedge	0.64	1.07
Cherries	1 cup	0.72	1.88
Grapefruit	1 medium	2.21	3.61
Orange	1 medium	1.90	3.14
Pear with peel	1 medium	1.00	4.32
Prunes	1 cup	7.88	13.76
Raspberries	1 cup	0.49	6.03
Strawberries	1 cup	1.04	3.87

Chart continued on next page

