

FIBER CONTENT

Minimum daily fiber goals are 30g for men, and 25 for women

VEGETABLES	FIBER/OZ
Spinach, cooked	0.7-1.0
Broccoli, cooked	0.9
Eggplant, raw	0.7
*Carrots, cooked	0.9
Brussel sprouts, cooked	0.7-1.2
*Beans, green, cooked	0.8
Beets, cooked	0.6
*Cabbage, cooked	0.5
* Squash, summer, cooked	0.4
Cauliflower, cooked	0.7
Tomato, raw	0.35
Tomato, canned	0.3
Onion, cooked	0.4
Kale, cooked	0.6
Okra, cooked	0.7
Radishes, raw	0.6
*Cabbage, raw	0.7
Celery, raw	0.4
Pepper, green, raw	0.5
Mushrooms, cooked	0.6
Lettuce	0.3



STARCHY VEGETABLES & BEANS	FIBER/OZ
*Beans, cooked	
kidney	1.5-2.1
Pinto	2.5
Lima	1.4-2
White	1.4
Lentil	2.2
*Peas, green	1.4-1.6
Corn, sweet, cooked	0.7
*Squash, winter, cooked	0.8
Sweet Potato, baked	0.9
White Potato, baked, flesh & skin	0.6
*Potatoes, mashed, cooked	0.4



CEREALS	FIBER/OZ
All Bran	8.3
Wheat Bran	0.8
Fiber One	3.5
*Oat Bran Cereal, cooked	0.7
Shredded Wheat	3.4
Puffed Wheat	1.2
Wheatena, cooked	0.8
*Oats, whole, cooked	0.5
Corn Flakes	0.7
Wheaties	2.8
Total, Whole Grain	2.5
Grits, cooked	0.2



BREADS & GRAIN PRODUCTS	FIBER/OZ
Bread:	
Pumpernickel	2.1
Whole Wheat	1.9
Cornbread	0.7
Rye	1.7
Crackers:	
Whole Wheat	3
Graham	0.9
Rye wafers	3
Whole wheat Spaghetti	1.3
Spaghetti	0.5
Rice, brown	0.5
Rice, white	0.1
Popcorn	0.7



FRUIT	FIBER/OZ
Figs, dried	2.8
Prunes, dried	2
Dates, dried	2.3
Prunes, stewed, unsweetened	0.9
Raisins	1.1
Raspberries, red, frozen	1.3
Raspberries, raw	1.8
Blackberries	1.5
Banana	0.7
*Apple, raw	0.7
Peach, raw	0.4
Pear, raw	0.9
Apricot, raw	0.6
Nectarine, raw	0.5
Pineapple, raw	0.4
Plum, raw	0.4
Oranges, raw	0.7
Tangerine	0.5
Cherries, raw	0.6
*Strawberries, raw	0.6
Grapes	0.3
*Grapefruit, raw	0.3-0.5
Honeydew melon	0.2
Cantaloupe	0.2
Watermelon	0.1



RESEARCH & FIBER

1. Fiber slows gastric emptying which may make you feel full longer.
2. The fiber in beans, oats, barley and psyllium seed may help lower blood cholesterol levels.
3. A high fiber diet may help prevent or treat constipation, hemorrhoids, diverticular disease, and Irritable Bowel Syndrome.

* Sources of water soluble fiber

Soluble Fiber: Dissolves in water to form a gel-like substance.
Sources – oats, legumes (beans, peas & soybeans), apples, bananas, berries, barley, some vegetables, & psyllium.

Insoluble Fiber: Increase movement of material through the digestive tract, increase stool bulk, and soften the stool.
Sources – Whole wheat foods, bran, nuts, seeds, & the skin of some fruits & vegetables

Plantago Ovata- psyllium is derived from this plant

