

DIETARY FIBER CONTENT OF FOODS

Food Group	<1 g	1-1.9 g	2-2.9 g	3-3.9 g	4-4.9 g	5-5.9 g	>6 g
	Dinner roll bread Hamburger/hot dog roll (1/2) Hard roll bread Pancake (1) Graham crackers (2) White bread Puffed rice	French bread (5 inches) Raisin Rye Tortilla	Bran muffin			wafers (3)	
Cereals (3/4 cup cooked; 1 oz dry, unless noted)	Puffed wheat Rice Krispies	Oatmeal Cornflakes Granola Grits	Grape-Nuts Shredded Wheat Wheat Chex	Cheerios Raisin bran Wheat germ Wheaties	Unprocessed bran 40% bran flakes Oat bran Ralston cereal		All-Bran Bran Buds
Pasta, rice	Macaroni Spaghetti Egg noodles Rice, white	Rice, brown					
Vegetables and legumes (1/2 cup cooked unless noted)	Cabbage, raw Bean sprouts Celery, raw Cucumber, raw Green pepper Lettuce, raw Mushrooms, raw	Asparagus Brussels sprouts Cabbage Carrots, raw Cauliflower Green beans Summer squash Tomatoes, raw Turnips Zucchini squash	Broccoli Carrots Corn Mixed vegetables Okra Potato, no skin Spinach	Baked beans Sweet potato	Baked potato, no skin Kidney beans Lima beans Peas Winter squash	Chickpeas Pinto beans	Lentils
Fruits, canned (unless noted)	Grapefruit, raw Grapes, raw Pineapple Plums Watermelon Fruit juices (including nectars)	Applesauce Apple slices Apricots Cantaloupe Cherries, raw or cooked Cherries, raw Fruit cocktail Peaches Pineapple, raw Prunes (3) Raisins, dried (2 tbsp) Strawberries, raw	Banana Nectarine Papaya Pears	Apple, raw Dates (5) Mango Orange, raw	Pear, raw Raspberries, raw		
Miscellaneous	Olives	Filberts Popcorn Walnuts	Almonds Avocado Fruit pie Peanuts Peanut butter				

Source: Pennington J. *Bowes and Church's Food Values of Portions Commonly Used*. 17th ed. Philadelphia, Pa: JB Lippincott; 1998.

Dietary Fiber Content of Common Foods

	Grams		Grams		Grams
<u>Beverages and Milk</u>					
Milk, white, nonfat or low-fat (8 oz)	0.0	Cheerios	3.0	Applesauce, canned	1.0
Buttermilk	0.0	Cornflakes	1.1	Apricots, canned (3 halves)	1.4
Coffee, tea	0.0	Granola (1/3 cup)	1.8	Banana (1 medium)	2.7
<u>Bread</u>					
Bagel (1 whole)	1.6	Grape-Nuts	2.5	Cantaloupe (1/4 melon)	1.3
Bran muffin (1 average size)	2.5	Oat bran (1/3 cup)	4.8	Cherries, sweet (10)	1.6
Biscuit	0.5	Puffed rice (1 cup; 14 g)	0.1	Cherries, canned	1.9
Cornbread	1.0	Puffed wheat (1 cup; 14 g)	0.5	Dates, dried (5)	3.1
Dinner roll (1)	0.9	Raisin bran	4.0	Fig, dried (3)	6.8
Doughnut	0.7	Rice Krispies	0.5	Fruit cocktail	1.2
French bread (1 slice)	0.8	Shredded wheat	2.8	Grapefruit (1/2)	1.4
Hamburger/hot dog roll (1/2)	0.6	Wheaties	3.0	Grapefruit sections, canned	0.5
Hard roll (1 white)	0.9	Wheat germ (1/4 cup)	3.8	Grapes, European (10)	0.8
Italian bread (1 slice)	0.9	<u>Pasta, Rice, etc (1/2 cup cooked)</u>			
Pancakes	1.0	Barley	3.0	Honeydew melon	0.5
Pita bread (5 inches)	1.0	Macaroni; spaghetti	0.9	Mandarin oranges	0.9
Pumpernickel bread (1 slice)	2.1	Rice, white	0.5	Mango (1 medium)	3.7
Raisin bread (1 slice)	1.1	Rice, brown	1.7	Nectarine (1 medium)	2.2
Rye bread (1 slice)	1.9	<u>Desserts</u>			
Taco shell (1)	1.3	Cake, plain, iced (1/12 of 9 inches)	0.5	Orange (1 small)	3.1
Tortilla, flour	1.2	Carrot cake (1/12 of 9 inches)	1.4	Papaya (1/2 medium)	2.5
White bread (1 slice)	0.6	Coffee cake (1/6 of 16 oz)	0.8	Peaches, canned (2 halves)	1.6
Whole-wheat bread (1 slice)	1.9	Cookies (1 oz)	0.5	Peach, raw (1 medium)	1.7
<u>Crackers</u>					
Graham	0.25	Gelatin dessert	0.0	Pear, canned (2 halves)	2.0
Rye wafers (3)	5.7	Ice cream (1/2 cup)	0.0	Pear, raw (2 1/2 per pound)	4.0
Saltines (2)	0.1	Pie, fruit (1/8 of 9-inch pie)	2.0	Pineapple, canned	1.0
Triscuits (7)	4.0	Pudding	0.0	Pineapple, raw	1.8
Wheat Thins (24)	1.0	Yogurt (8 oz) plain or fruit	0.0	Plums, raw, 1 medium	1.0
<u>Snacks</u>					
Corn chips (1 oz)	1.4	<u>Fats and Nuts</u>			
Popcorn (1 cup)	1.0	Avocado (1/4)	2.1	Plums, canned (3)	0.9
Potato chips (1 oz)	1.0	Butter; margarine (1 tsp)	0.0	Prunes (3)	1.8
Pretzels (1 oz)	0.9	Cream, dairy and nondairy, all types	0.0	Raisins (2 tbsp)	1.6
<u>Cereals and Grains</u>					
(Cooked cereal 3/4 cup unless noted)		Mayonnaise; smooth salad dressing (1 tbsp)	0.0	Raspberries, raw	4.2
Cream of rice	1.0	Oil; shortening (1 tbsp)	0.0	Strawberries, raw	1.6
Farina	2.4	Olives (5 medium)	0.5	Tangerine	1.9
Grits	1.5	Tartar sauce; thousand island dressing (1 tbsp)	0.0	Watermelon	0.4
Oatmeal	3.0	<u>Fruit Juices (1/2 cup)</u>			
Ralston	4.6	Apple			
<u>Dry, Ready-to-Eat Cereal</u>					
(1 oz unless noted)		Apricot nectar			
All-Bran	10.0	Cranberry			
Bran Buds (1/3 cup)	12.0	Grapefruit; orange			
Bran, unprocessed (1 tbsp)	4.6	Grape			
40% bran flakes	4.0	Pineapple			
		Prune			
		<u>Meat, Fish, Poultry, Cheese, Eggs</u>			
		<u>Sugar and Sweets</u>			
		Jam; preserves (1 tbsp)			
		Jelly (1 tbsp)			
		Sugars; honey; syrups			
		Cranberry sauce (1/4 cup)			
		Fruits and Juices			
		(1/2 cup portion unless noted)			
		Apple, raw with peel			
		(2 1/2-inch diameter)			
		Apple, canned, sliced			

Dietary Fiber Content of Common Foods (Cont.)

	Grams		Grams
<u>Soups (½ cup)</u>			
Bean with bacon	7.0	Green pepper	0.9
Beef barley	2.0	Kale	1.3
Beef noodle	1.0	Lentils	7.8
Celery, cream of	1.0	Lettuce, iceberg (shredded)	0.5
Cheddar cheese	1.0	Mixed vegetables	2.5
Chicken gumbo	1.0	Mushrooms, raw	0.4
Chicken noodle	1.0	Mushrooms, canned	1.9
Chicken rice	0.0	Okra	2.2
Chicken vegetable	2.0	Onions, raw, chopped	1.4
Clam chowder, Manhattan	2.0	Peas, green, frozen	4.4
Clam chowder, New England	1.0	Pinto beans	5.5
Corn chowder	2.0	Potato, baked, with skin	4.6
Minestrone	4.0	Potato, boiled (140 g)	2.3
Mushroom, cream of	1.0	Potato, french fried (20)	1.6
Pea, green	2.5	Potato, mashed	1.9
Pea, split	5.0	Radishes	0.7
Potato, cream of	1.0	Sauerkraut	2.9
Tomato	2.0	Spinach	2.8
Turkey noodle	1.0	Spinach, raw	0.8
Vegetable	2.0	Squash, summer	1.3
Vegetable beef	2.0	Squash, winter	4.5
		Squash, zucchini	1.8
<u>Vegetables</u>			
(½ cup portion cooked or raw unless noted)			
Asparagus	1.4	Sweet potatoes, mashed	3.0
Baked beans (1/3 cup)	3.0	Tomato, raw (1 medium)	1.4
Bean sprouts	0.6	Tomato juice	0.7
Beans, green, fresh-cut	2.0	Tomato sauce	1.7
Beans, green, cut	1.3	Turnips	1.6
Beans, kidney	4.9	Turnip greens	2.5
Beans, lima, baby	4.9	<u>Miscellaneous</u>	
Beans, navy	6.7	Ketchup (1 tbsp)	0.2
Beets	1.4	Mustard (1 tsp)	0.1
Broccoli, raw (1 spear)	1.3	Pickle, dill (1 medium)	0.3
Broccoli, spears	2.8	Pickle, sweet (4 slices)	0.5
Broccoli, chopped	2.3	Pickle relish, sweet (1tbsp)	0.5
Brussels sprouts	2.0		
Cabbage, cooked	1.7		
Cabbage, raw	0.8		
Carrots, cooked	2.6		
Carrots, raw (1 medium)	2.2		
Cauliflower, cooked	1.7		
Cauliflower, raw	1.3		
Celery, raw (1 stalk)	0.7		
Chard	1.7		
Chickpeas (garbanzo beans)	5.3		
Collard greens	2.4		
Coleslaw	0.9		
Corn kernels	2.3		
Cowpeas (black-eyed peas)	3.7		
Cucumber, raw	0.4		

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