

FIBER CONTENT OF FOODS

To consume more fiber, eat more whole fruits and vegetables, whole grains, and beans. Nuts are also rich in fiber, but they are energy dense, so eat them in small amounts. Use the following list to guide your food choices. It is adapted from research conducted by the Tufts University School of Medicine in Boston and published in the *Tufts Health & Nutrition Letter*.

FRUITS*	GRAMS OF FIBER
Apple (with skin)	4
Banana	3
Blueberries, ½ cup	2
Cantaloupe, 1 cup diced	1
Dates, ⅛ cup dry, chopped	2
Grapefruit, ½	2
Grapes, 1 cup	2
Nectarine (with skin)	2
Orange	3
Peach (with skin)	2
Pear (with skin)	4
Plum (with skin)	1
Prunes (dried), 10	2
Raisins, ⅛ cup	1
Raspberries, ½ cup	4
Strawberries, ½ cup	2
Watermelon, 1 cup diced	1

VEGETABLES†	GRAMS OF FIBER
Broccoli, ½ cup cooked, chopped	2
Broccoli, ½ cup chopped	1

*All values are for 1 medium-size fruit unless otherwise indicated.

†All values are for raw, uncooked vegetables unless otherwise indicated.

Brussels sprouts, 1/2 cup cooked	3
Carrot, 1 medium	2
Carrots, 1/2 cup cooked	3
Cauliflower, 1/2 cup cooked	2
Celery, 1 stalk	1
Corn, 1/2 cup cooked	2
Cucumber, 1/2 cup sliced	0.5
French fries, 1 small (2.5 ounces) serving	2
Green beans, 1/2 cup cooked (frozen)	2
Iceberg lettuce, 1 cup shredded	1
Peas, 1/2 cup cooked (frozen)	4
Peppers, 1/2 cup chopped	1
Potato, baked, with skin	5
Potato, baked, without skin	2
Potato, 1/2 cup mashed	2
Romaine lettuce, 1 cup shredded	1
Spinach, 1/2 cup chopped	1
Spinach, 1/2 cup cooked (frozen)	3
Sweet potato, baked with skin	3
Tomato, 1 medium	1

**GRAINS, LEGUMES* (BEANS,
CHICKPEAS, LENTILS, LIMA BEANS),
AND NUTS**

GRAMS OF FIBER

Black beans, 1/2 cup	8
Bread, 1 slice, white	1
Bread, 1 slice, whole-wheat	2
Bran muffin, 1 medium	3

*Values are for canned or cooked beans.

(Grains, Legumes, and Nuts, continued) **GRAMS OF FIBER**

Chickpeas, 1/2 cup	5
Kidney beans, 1/2 cup	7
Lentils, 1/2 cup	8
Lima beans, 1/2 cup	6
Oatmeal, 1 cup cooked	4
Pasta, 1/2 cup cooked	1
Peanuts, 1/2 cup	6
Peanut butter, 2 tablespoons, chunky	2
Popcorn, 3 cups air-popped	2
Rice, 1 cup cooked, white	1
Rice, 1 cup cooked, brown	2
Sesame seeds, 2 tablespoons	1
Sunflower seeds, 1/8 cup	2
Tortilla chips, 1 cup (1.5 oz.)	1
Walnuts, 1/4 cup chopped	2
Wheat germ, 1/4 cup	4