

FIBER IN FOODS

FRUITS	Serving Size	Fiber (g)
Apple juice, unsweetened	1 cup	<1
Apple, raw	1	3
Banana	1 medium	3
Cantaloupe	½ cup	1
Cherries	10 medium	1
Mango	1 medium	4
Nectarine	1 medium	2
Orange	1 medium	3
Papaya	½ cup	1
Peach with skin	1 medium	2
Prunes, dried	½ cup	6
Raisins, dried	½ cup	3
Strawberries, sliced	½ cup	2
VEGETABLES	Serving Size	Fiber (g)
Bok Choy, cooked	½ cup	1
Broccoli, cooked	½ cup	3
Cabbage, cooked	½ cup	1
Carrots, raw	1 medium	2
Collard greens, cooked	1 cup	5
Corn on the cob	1 ear	2
Mustard greens, cooked	1 cup	3
Eggplant, cooked	½ cup	2
Green beans, cooked	½ cup	2
Kale, cooked	½ cup	1
Lettuce, romaine	1 cup	1
Onions, chopped	½ cup	1
Peas, cooked	½ cup	4
Potato, baked with skin	1 potato	5
Spinach, frozen, cooked	1 cup	7
Swiss Chard, cooked	½ cups	2
Tomato, raw	1 medium	2
Zucchini, cooked	½ cup	1
DAIRY	Serving Size	Fiber (g)
Cheddar cheese	1 oz	0
Milk, 1% low fat	1 cup	0
Milk, nonfat	1 cup	0
Yogurt, plain	1 cup	0

MEAT, FISH, BEANS, NUTS	Serving Size	Fiber (g)
Almonds	¼ cup	4
Black beans, cooked	½ cup	8
Black-eyed peas	½ cup	5
Chicken breast	1 medium	0
Lentils, cooked	½ cup	8
Peanuts	¼ cup	3
Pinto beans, cooked	½ cup	8
Tofu (firm)	½ cup	1
Tuna fish	¼ cup	0
Soy beans (edamame)	½ cup	5
Walnuts	1 oz, 14 halves	2
GRAINS	Serving Size	Fiber (g)
Barley, pearled, cooked	1 cup	6
Bulgur, cooked	1 cup	8
Cheerios	1 cup	3
Corn flakes	1 cup	<1
Crispix	1 cup	<1
Graham crackers	2 squares	<1
Grits, cooked	1 cup	<1
Instant Oatmeal	1 cup	4
Popcorn	½ cup	<1
Raisin Bran	1 cup	7
Rice, brown, cooked	1 cup	4
Rice, white, cooked	1 cup	<1
Rice Krispies	1 cup	<1
Rice noodles	1 cup	2
Rye bread	1 slice	2
Shredded wheat	1 cup	6
Spaghetti, enriched, cooked	1 cup	2
Spaghetti, whole wheat, cooked	1 cup	6
Tortilla, corn	1, 6 inch	1
Tortilla, flour	1, 10 inch	2
Tortilla, whole wheat	1, 10 inch	3
Trix cereal	1 cup	1
Wheat bread	1 slice	1
White bread, Wonder sandwich	1 slice	<1
Whole wheat bread, Milton's 100%	1 slice	5



Nutrition Services 3600 Telegraph Ave. • Oakland, CA 94609 • 510-595-6454 • www.healthylivingforlife.org

For important nutrition information, visit www.cachampionsforchange.net. For food stamp information, call 877-847-3663.

Funded by the by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. • California Department of Public Health