

High Fiber Diet Foods

Fruit	Serving Size	Dietary Fiber (grams)	Vegetables	Serving Size	Dietary Fiber (grams)
Apple, canned, peeled	1/2 cup	2.1	Asparagus	1/2 cup	3.5
Apple, raw with skins	1 large	4.0	Bean sprouts, raw	1/2 cup	1.5
Apple juice	1/2 cup	0.0	Beans, green, cooked	1/2 cup	2.1
Apricots, canned	1/2 cup	2.1	Beets, cooked	1/2 cup	2.1
Apricots, raw with skins	2	1.4	Broccoli, cooked	1/2 cup	3.5
Bananas	1 med	3.0	Brussels sprouts, cooked	1/2 cup	2.3
Blackberries, raw	1/2 cup	5.0	Cabbage, cooked	1/2 cup	2.1
Cherries, raw	10 large	1.1	Carrots, raw	1/2 cup	1.8
Cherries, cooked	1/2 cup	1.0	Cauliflower, cooked	1/2 cup	1.6
Cranberries, raw	1/2 cup	4.0	Celery, raw	1/2 cup	1.1
Dates, dried	2	1.6	Corn, fresh	1 med ear	5.2
Figs, dried	1 med	3.7	Cucumber, raw	1/2 cup	1.1
Grapefruit, raw	1/2	0.8	Kale, cooked	1/2 cup	1.3
Grapes, purple	15	0.5	Lettuce	1 cup	0.8
Melon	1 cup	1.5	Mushrooms, raw	1/2 cup	0.9
Nectarine, raw with skin	1 small	1.5	Mustard greens, raw	1/2 cup	1.0
Orange, raw	1 small	1.6	Okra, raw	1/2 cup	1.6
Peach, canned	1/2 cup	1.8	Onion, raw	1/2 cup	1.2
Peach, raw with skin	1 med	2.3	Peas, canned	1/2 cup	6.7
Pear, canned	1/2 cup	2.0	Pepper, green, raw	1/2 cup	1.1
Pear, raw with skin	1 med	4.0	Potato, baked with skin	1 med	3.8
Pineapple, raw	1/2 cup	0.8	Radishes, raw	1/2 cup	1.3
Plums, canned	4 small	1.9	Spinach, cooked	1/2 cup	6.5
Plums, raw with skin	3 small	1.8	Squash, summer, cooked	1/2 cup	2.0
Prunes, dried	2	2.4	Squash, winter, cooked	1/2 cup	3.5
Raisins	2 Tbsp	1.5	Sweet Potato, cooked	1/2 med	2.1
Raspberries, raw	1/2 cup	4.6	Tomato, cooked	1/2 cup	1.5
Strawberries, raw	1/2 cup	1.6	Tomato, raw	1 small	1.5
Tangerine, raw	1 large	2.0	Turnip, cooked	1/2 cup	2.0
			Yam, cooked	1/2 cup	3.9
			Zucchini, raw	1/2 cup	2.0

Breads & Cereals	Serving Size	Dietary Fiber (grams)	Breads & Cereals (cont)	Serving Size	Dietary Fiber (grams)
Breads:			Oats, whole, dry	1/4 cup	2.9
Cornbread	1 square	1.1	Puffed Wheat	1 cup	4.5
French	1 slice	0.7	Shredded Wheat	1 biscuit	2.8
Pumpernickel	1 slice	1.9	Total	1 cup	3.3
Rye	1 slice	0.8	Unprocessed Bran	1 tsp	2.0
White	1 slice	0.7	Wheat Chex	1 cup	3.0
Whole grain	1 slice	2.1	Wheaties	1 cup	3.5
Whole wheat	1 slice	1.3			
Rolls:			Legumes, cooked:		
Dinner, white	1 roll	0.8	Beans, brown	1/2 cup	8.4
Whole wheat	1 roll	1.6	Beans, kidney	1/2 cup	9.7
Pasta:			Beans, lima	1/2 cup	8.3
Macaroni, cooked	1/2 cup	0.6	Beans, pinto	1/2 cup	8.9
Spaghetti, cooked	1/2 cup	0.8	Beans, white	1/2 cup	7.9
Rice, brown, cooked	1/2 cup	2.4	Lentils, cooked	1/2 cup	3.7
Rice, white, cooked	1/2 cup	0.8			
Cereals:			Nuts:		
100% All Bran	1/3 cup	8.4	Almonds	1 Tbsp	1.1
40% Bran Flakes	1 cup	6.0	Chestnuts	3 nuts	1.8
Bran Chex	1 cup	8.2	Peanuts, roasted	1 Tbsp	0.8
Cheerios	1 cup	1.6	Pecans	1 Tbsp	0.5
Corn Bran	1 cup	8.8	Walnuts	1 Tbsp	0.4
Corn Chex	1 cup	3.5			
Cornflakes	1 cup	3.5	Snack Foods:		
Grapenuts	1/3 cup	5.4	Cracker, graham	2 squares	1.4
Oatmeal, instant, dry	1 package	3.3	Cracker, rye wafer	3 wafers	2.3
			Cracker, saltine	6 crackers	0.8
			Popcorn, popped	3 cups	3.0

Meats, fish, poultry, fats and dairy products are not listed as they do not contain dietary fiber, but are an important part of a nutritionally balanced diet. Amount of dietary fiber adapted from: Plant Fiber in Foods, James Anderson, M.D., Published by the HCF Diabetes Research Foundation, Inc.

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208803 09/02

The Importance of Fiber in Your Diet



Tips For Choosing Foods

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