

Food Sources of Fiber

BEANS AND TOFU

Product	Fiber (g)/serving
Health Valley Real Italian Minestrone Soup (1 c.)*	11
Pritikin Split Pea Soup (1 c.)*	10
Beans (1.2 c., cooked)*	5-8
Lentils (1 c., cooked)*	7
Progresso Healthy Classics Lentil Soup (1 c.)*	6
Nile Spice Black Bean Salsa Soup (1 c.)	5
Green Giant Harvest Burger (1) ²	5
Progresso Split Pea Soup (1 c.)*	5
Nile Spice Lentil Soup (1 c.)	3
Mori-Nu Silken Tofu, firm (3 oz.)	0

BREADS

Product	Fiber (g) /serving
Arnold/Brownberry Bran'nola Original or Hearty Wheat ^{1,2}	6
Pita, Whole Wheat (1) ¹	5
Roman Meal 100% Whole Wheat ¹	4
Wonder 100% Whole Wheat ¹	4
Tortilla, Whole Wheat (1)	3
Arnold Pumpnickel ¹	2
Pepp. Farm Jewish Seeded Rye ¹	2
Ezekiel 7-Grain	2
Pita ¹ or Tortilla, White Flour (1)	1

GRAINS AND PASTA

Product	Fiber (g) /serving
Barley (1 c.) ¹ or Bulgur (3/4 c.) ¹	6
Gardenburger (1)*	5
Aunt Jemima Buckwheat Pancake Mix (4 4" pancakes) ²	4
Brown rice (2/3 c.)	3
Couscous, Macaroni*, or Spaghetti (1 c.)	2
White Rice (2/3 c.) ¹	1
Rice Noodles	0

CEREALS

Product	Fiber (g) /serving
Kellogg's All-Bran with Extra Fiber (1/2 c.)	15
General Mills Fiber One (1/2 c.)*	13
Nabisco 100% Bran (1/3 c.)*	8
Post Raisin Bran (1 c.)*	8
Health Valley 98% Fat Free Granola	6
Nabisco Shredded Wheat (2)	6
Quaker Oat Bran Cereal (1 c., ckd.)*	6
Wheatena (1 c., cooked) ¹	5
Kellogg's Nutra-Grain Almond Raisin (wheat-free)	4
Arrowhead Mills Bran Flakes	4
Oat Bran Flakes	4
Quaker Quick Oats (1 c., cooked)*	4
Barbara's Breakfast O's	3
Total (3/4 c.) or Wheaties (1 c.)	3
Kamut Flakes	3
Kretschmer Wheat Germ (1 1/2 Tbs.)	2
Kellogg's Corn Flakes, Product 19, Rick Krispies, or Special K (1 c.)	1

CRACKERS AND SNACK FOODS

Product	Fiber (g)/serving
Wasa Fiber Plus Crispbread (3)*	9
Wasa Hearty Rye Crispbread (3)*	7

No-Oil Tortilla Chips (15-20) ¹	2-4
Whole Wheat Matzos (1) ¹	4
Ryvita Sesame Rye (2)	3
Health Valley Rice Bran Crackers (6)	3
Lundberg Organic Rice Cakes (1)	2
Quaker Rice Cakes (1) ¹	0

FRUITS AND JUICES

Product	Fiber (g) /serving
Apple (1) or Pear (1)* with skin	4
Apricots, dried (1/3 c.) ¹	4
Blueberries, raw (1 c.)	4
Figs, dried (2) ¹	4
Apple, without skin (1)	3
Banana (1)* or Orange (1)*	3
Cherries (1 c.) ¹ or Prunes, dried (5) ¹	3
Strawberries (1 c.)*	3
Grapefruit (1/2) ¹	2
Grapes (1 1/2 c.) or Plums (2)	2
Nectarine (1)* or Peach (1) ¹	2
Cantaloupe (1 c.) ¹	1
Orange juice (1 c.) ¹	1
Watermelon (2 c.)	1

VEGETABLES

Product	Fiber (g) /serving
Green peas (1/2 c. cooked) ¹	4
Potato, baked with skin (1)*	4
Sweet potato, baked with skin (1) ¹	4
Carrots (1/2 c. cooked) ¹	3
Asparagus or Broccoli (1/2 c. cooked)	2
Cabbage ¹ or Spinach ¹ (1/2 c. cooked) ¹	2
Carrots, raw or Corn kernels (1/2 c.)	2
Cauliflower or Green beans (1/2 c. cooked) ¹	2
Lettuce, romaine (1 1/2 c.) ¹	2
Celery, raw or Green pepper, raw (1/2 c.)	1
Lettuce, iceberg (1 1/2 c.) ¹	1
Mushrooms, raw (1 c.) ¹	1
Tomato, fresh, raw (1/2) ¹	1
Cucumber, sliced, raw (1/2c)	1

* Contains at least 0.6 grams of soluble fiber.

¹ Soluble fiber information not available.

² Contains between four and six grams of fat.