

# Amount of fiber in different foods

| Food                                       | Serving        | Grams of fiber |
|--|----------------|----------------|
| <b>Fruits</b>                              |                |                |
| Apple (with skin)                          | 1 medium       | 4.4            |
| Banana                                     | 1 medium       | 3.1            |
| Oranges                                    | 1              | 3.1            |
| Prunes                                     | 1 cup (pitted) | 12.4           |
| <b>Juices</b>                              |                |                |
| Apple (Unsweetened w/added ascorbic acid)  | 1 cup          | 0.5            |
| Grapefruit (white,canned, unsweetened)     | 1 cup          | 0.2            |
| Grape (unsweetened, w/added ascorbic acid) | 1 cup          | 0.5            |
| Orange                                     | 1 cup          | 0.7            |
| <b>Vegetables (cooked)</b>                 |                |                |
| Green beans                                | 1 cup          | 4.0            |
| Carrots                                    | 1/2 cup sliced | 2.3            |
| Peas                                       | 1 cup          | 8.8            |
| Potato (baked, with skin)                  | 1 medium       | 3.8            |
| <b>Vegetables (raw)</b>                    |                |                |
| Cucumber (with peel)                       | 1 cucumber     | 1.5            |
| Lettuce                                    | 1 cup,shredded | 0.5            |
| Tomato                                     | 1 medium       | 1.5            |
| Spinach                                    | 1 cup          | 0.7            |
| <b>Legumes</b>                             |                |                |
| Baked beans,canned, no salt added          | 1 cup          | 13.9           |
| Kidney beans,canned                        | 1 cup          | 13.6           |
| Lima beans, canned                         | 1 cup          | 11.6           |
| Lentils, boiled                            | 1 cup          | 15.6           |
| <b>Breads, Pastas, Flours</b>              |                |                |
| Bran muffin                                | 1 medium       | 5.2            |
| Oatmeal, cooked                            | 1 cup          | 4.0            |
| White bread                                | 1 slice        | 1.9            |
| Whole-wheat bread                          | 1 slice        | 1.9            |
| <b>Pasta and Rice (cooked)</b>             |                |                |
| Macaroni                                   | 1 cup          | 2.5            |
| Rice,brown                                 | 1 cup          | 3.5            |
| Rice,white                                 | 1 cup          | 0.6            |
| Spaghetti (regular)                        | 1 cup          | 2.5            |
| <b>Nuts</b>                                |                |                |
| Almonds                                    | 1/2 cup        | 8.7            |
| Peanuts                                    | 1/2 cup        | 7.9            |

To learn how much fiber and other nutrients are in different foods, visit the United States Department of Agriculture (USDA) National Nutrient Database at: <http://www.nal.usda.gov/fnic/foodcomp/search/>

Created using data from the USDA National Nutrient Database for Standard Reference. Available at <http://www.nal.usda.gov/fnic/foodcomp/search/>