Virginia Cooperative Extension **Healthy Futures: Fiber Facts and Food Sources**

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LESSON 8 Handout

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FOODS THAT GIVE FIBER

(Choose several of these foods each day to get 20 grams of fiber.)

Fruits - about 2 to 4 grams of fiber per serving:

Apple, 1 medium Apricots, 3 Banana, 1 small	Cantaloupe, 1/2 cup Dates, 5 Figs, 2	Peach, 1 medium Pineapple, 1 cup Plums, 2 small
Blackberries, 1/2 cup Blueberries, 1/2 cup	Pear, 1/2 small Orange, 1 small	Prunes, 2 small Raspberries, 1/2 cup
Grains and Cereals - About 2 to 4 grams of fiber per serving:		
All-Bran, 1/2 ounce Barley, 1/2 cup Bulgur, 1/2 cup Cracked Wheat Bread, 1 slice Granola, 1/2 cup	Grape-Nuts, 1/2 cup Oatmeal, 1/2 cup Raisin Bran, 1/2 cup Rice, 1 cup Rye Bread, 1 slice	Shredded Wheat, 1/2 cup Wheat Bran, 1/4 cup Whole-Wheat Bread, 1 slice
Vegetables - About 2 to 4 grams of fiber per serving:		
Artichoke, 1 Broccoli, 1/2 stalk Brussels Sprouts, 1/2 cup Carrots, 1 cup	Celery, 1 cup Corn on the Cob, 2-inch piece Green Beans, 1 cup Lettuce, 2 cups	Potato, 1 small Spinach, 1 cup Squash, 1 cup Tomato, 1 medium
Legumes - (Dry Beans and Peas) - About 8 grams of fiber per serving:		
Baked Beans, 1/2 cup Black Beans, 1/2 cup Blackeyed Peas, 1 cup	Garbanzo Beans, 1 cup Kidney Beans, 1/2 cup Lentils, 1 cup	Lima Beans, 1 cup Navy Beans, 1/2 cup Pinto Beans, 1/2 cup
Miscellaneous - About 1 gram of fiber per serving:		
Nuts, 1/2 ounce	Peanut Butter, 1 TBSP	
Olives, 5 Pickle, 1 large In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer. This material was funded by USDA's Food Stamp Program.		

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