

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	Cantaloupe, 1/2 cup	Peach, 1 medium
Apricots, 3	Dates, 5	Pineapple, 1 cup
Banana, 1 small	Figs, 2	Plums, 2 small
Blackberries, 1/2 cup	Pear, 1/2 small	Prunes, 2 small
Blueberries, 1/2 cup	Orange, 1 small	Raspberries, 1/2 cup

Grains and Cereals - About 2 to 4 grams of fiber per serving:

All-Bran, 1/2 ounce	Grape-Nuts, 1/2 cup	Shredded Wheat, 1/2 cup
Barley, 1/2 cup	Oatmeal, 1/2 cup	Wheat Bran, 1/4 cup
Bulgur, 1/2 cup	Raisin Bran, 1/2 cup	Whole-Wheat Bread, 1 slice
Cracked Wheat Bread, 1 slice	Rice, 1 cup	
Granola, 1/2 cup	Rye Bread, 1 slice	

Vegetables - About 2 to 4 grams of fiber per serving:

Artichoke, 1	Celery, 1 cup	Potato, 1 small
Broccoli, 1/2 stalk	Corn on the Cob, 2-inch piece	Spinach, 1 cup
Brussels Sprouts, 1/2 cup	Green Beans, 1 cup	Squash, 1 cup
Carrots, 1 cup	Lettuce, 2 cups	Tomato, 1 medium

Legumes - (Dry Beans and Peas) - About 8 grams of fiber per serving:

Baked Beans, 1/2 cup	Garbanzo Beans, 1 cup	Lima Beans, 1 cup
Black Beans, 1/2 cup	Kidney Beans, 1/2 cup	Navy Beans, 1/2 cup
Blackeyed Peas, 1 cup	Lentils, 1 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.

Source: Whitney E.N., Hamilton E.M., Rolfes S.R. *Understanding Nutrition*. New York: West Publishing Company, 1990.