

## Fiber Chart

The recommended daily fiber intake is 25-35 grams

(Drink at least 6-8 glasses of caffeine free liquids daily)

	Serving	Fiber per serving (grams)	Calories per serving
<b>Vegetables and Beans</b>			
Acorn squash	1 cup	7.0	82
Asparagus	½ cup	3.5	18
Artichoke	1 small	2.4	44
Bean Sprouts	½ cup	1.5	13
<b>Beans</b>			
Kidney	½ cup	9.7	94
Lima	½ cup	8.3	63
Navy	½ cup	8.4	80
Pinto	½ cup	8.9	78
String	½ cup	2.1	10
Broccoli	½ cup	3.5	18
Brussels sprouts	½ cup	2.3	20
Cabbage	½ cup	2.1	10
Carrots, raw	½ cup	1.8	15
Cauliflower	½ cup	1.6	14
Celery, raw	½ cup	1.1	8
Corn	½ med.	2.6	72
Eggplant, raw	½ cup	2.5	16
Lettuce	1 cup	0.8	5
Okra	½ cup	1.6	13
Onions, raw	½ cup	1.2	14

<b>Peas, canned</b>	½ cup	6.7	63
<b>Potatoes</b>			
Sweet	½ med.	2.1	79
White	½ med.	1.9	72
<b>Radishes</b>	½ cup	1.3	7
<b>Squash, acorn</b>	1 cup	7	8.2
<b>Tomato, raw</b>	1 small	1.5	18
<b>Turnip</b>	½ cup	2	12
<b>Zucchini</b>	½ cup	2	8

## Fruits

<b>Apple</b>	1 large	4.5	80-100
<b>Apricot</b>	1 whole	0.8	17
<b>Avocado</b>	½ med.	3.2	165
<b>Banana</b>	½ med.	1.5	48
<b>Cherries</b>	10 large	1.1	38
<b>Grape fruit</b>	1/2	0.8	30
<b>Grapes</b>	20	1	70
<b>Honeydew melon</b>	3" slice	1.5	42
<b>Orange</b>	1 large	2.4	70
<b>Peach</b>	1 med.	2.3	38
<b>Pear</b>	½ med.	2	44
<b>Pineapple</b>	½ cup	0.8	41
<b>Plums</b>	3 small	1.8	38
<b>Raspberries</b>	1 cup	9.2	42
<b>Strawberries</b>	1 cup	3.1	45
<b>Prunes</b>	3	1.9	122
<b>Cantaloupe</b>	¼	1	38

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## Grains

### Bread

<b>Rye</b>	1 slice	0.7	71
<b>French</b>	1 slice	0.7	71
<b>White</b>	1 slice	0.7	64
<b>Whole wheat</b>	1 slice	1.3	59
<b>High bran "health"</b>	1 slice	3.5	70

### Cereals

<b>All Bran (100%)</b>	1/3 cup	8.4	70
<b>Corn Flakes</b>	3/4 cup	2.6	70
<b>Shredded Wheat</b>	1 biscuit	2.8	70
<b>Wheaties</b>	3/4 cup	2.6	73

### Crackers

<b>Graham</b>	2 squares	1.4	53
<b>Saltine</b>	3 cups	0.8	76
<b>Rye</b>	3 wafers	2.3	64

### Nuts

<b>Chestnuts</b>	3 oz.	2.5	377
<b>Macadamias</b>	3 oz.(36 nuts)	2.5	654
<b>Peanuts</b>	3 oz. (120 nuts)	2.4	516
<b>Walnuts</b>	3 oz. (70 nuts)	3.8	588

### Popcorn

<b>Popcorn</b>	3 cups	3	62
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## Rice

<b>Brown</b>	1/3 cup	1.6	72
<b>White</b>	1/3 cup	0.5	76

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## Muffins

<b>English (Whole wheat)</b>	1	3.7	125
<b>Bran, Whole wheat</b>	2	4.6	136

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## Noodles

<b>Whole wheat egg</b>	1 cup	5.7	200
<b>Spinach whole wheat</b>	1 cup	6	200

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