

Fiber Sources in common foods

Recommended Daily Fiber Intake

Age	Men	Women
19-50	38 grams	25 grams
over 50	30 grams	21 grams

<u>Food</u>	<u>Serving size</u>	<u>Fiber Grams per serving</u>	<u>Food</u>	<u>Serving size</u>	<u>Fiber Grams per serving</u>
Fruits (raw unless otherwise noted)			Vegetables		
Apple (with peel)	1 medium	3.7	Artichoke	1 globe	6.5
Apricot	1 cup	3.7	Asparagus	1/2 cup	1.8
Banana	1 medium	2.7	<u>Beans</u>		
Blackberries	1 cup	7.2	Green	1/2 cup	1.3
Blueberries	1 cup	3.9	Kidney	1/2 cup	5.7
Cantaoupe	1 cup	1.3	Lima	1/2 cup	6.1
Grapefruit	1 medium	2.8	Pinto	1/2 cup	7.4
Grapes	1 cup	1.6	White	1/2 cup	5.5
Oranges	1 medium	3.1	Beets	1/2 cup	1.6
Pear (with peel)	1 medium	4	Broccoli	1/2 cup	2.8
Pineapple	1 cup	1.9	Cabbage, green	1/2 cup	2.1
Plums	1 medium	1	Cabbage, green		
Prunes	1 cup	11.4	raw	1/2 cup	0.8
Raspberries	1 cup	8.4	Carrots	1/2 cup	2.6
Strwberries	1 cup	3.4	Cauliflower	1/2 cup	2
Watermelon	1 slice	0.8	Cauliflower		
Grain Products			(raw)	1/2 cup	1.3
<u>Bread:</u>			Celery (raw)	1/2 cup	1
French	1 slice	0.8	Corn	1/2 cup	2
Rye	1 slice	1.6	Cucumber(raw)	1/2 cup	0.04
White	1 slice	0.6	Eggplant	1/2 cup	1.2
Whole Wheat	1 slice	2	Green Peas	1/2 cup	4.4
<u>Cereal</u>			Lettuce (iceberg)	1/2 cup	0.4
Bran	1 ounce	9.7	Onions (raw)	1/2 cup	1.4
Corn Flakes	1 ounce	1	Potato		
Oat Bran	1 ounce	4.3	(baked w skin)	1/2 cup	1.5
Oatmeal	1 ounce	3	Spinach	1/2 cup	2.7
Shredded Wheat	1 ounce	2.8	Tomato	1/2 cup	1
<u>Crackers</u>			Zucchini	1/2 cup	1.3
Graham	1 square	0.1			
Saltine	1 regular	0.1			
<u>Rice</u>					
Brown	1/2 cup	1.8			
White	1/2 cup	0.3			
<u>Spaghetti</u>	2 ounces	2.1			
<u>Almonds (Roasted)</u>	1/2 cup	6.4			
<u>Peanuts (Roasted)</u>	1/2 cup	6.1			