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Fiber Table – Grams of Fiber in Food

Food Products	Serving Size	Grams of Fiber/serving
<i>Breads</i>		
Whole Wheat	1 slice	2.11
White	1 slice	0.5
Rye	1 slice	1.72
<i>Cereals</i>		
Oat Bran	1 oz.	4.06
Wheat Bran	1 oz.	10.0
All Bran	½ cup	6.0
Optimum	1 cup	10.0
Whole Wheat Total	1 cup	3.0
Fiber One	½ cup	13.0
Shredded Wheat	1oz.	2.64
Corn Flakes	1 oz.	0.45
Cheerio's	1 ⅓ cup	2.0
Oatmeal	1 oz.	2.5
<i>Rice</i>		
Brown	½ cup	5.27
White	½ cup	1.42
<i>Spaghetti</i>	2 oz.	2.56
<i>Vegetables (cooked)</i>		
Broccoli	½ cup	2.58
Brussels sprouts	½ cup	2.0
Cauliflower	½ cup	2.6
Carrots	½ cup	3.2
Corn	½ cup	3.03
Eggplant	½ cup	0.96
Green peas	½ cup	3.36
Lettuce (raw)	½ cup	0.24
Baked potato w/skin	½ cup	2.97
Spinach	½ cup	2.07
Squash	½ cup	2.87
Tomato (raw)	½ cup	1.17
Zucchini	½ cup	1.26
<i>Beans</i>		
Green (canned)	½ cup	1.89
Kidney	½ cup	5.48
Lima	½ cup	4.25
Pinto	½ cup	5.93
<i>Fresh fruits</i>		
Apple (with peel)	1 medium	2.76
Apricots	1 cup	3.13
Banana	1 medium	2.19
Black/Boysenberries	1 cup	7.2
Grapefruit	1 medium	3.61
Grapes	1 cup	1.12
Nectarine	1 medium	2.2
Orange	1 medium	3.14
Pear (with peel)	1 medium	4.32
Prunes	3	3.5
Raspberries	1 cup	7.5
Strawberries	1 cup	3.87
Watermelon	1 slice	1.93