

Knowing the foods you eat will help you reach your fiber goals. The following is a comprehensive list of foods and their respective fiber content.

Cereals	Svg. size	Fiber (gm)
All-Bran	1/3 cup	8.5
Bran Buds	1/3 cup	7.9
Bran Chex	2/3 cup	4.6
Cheerios	1 1/4 cup	1.1
Corn Bran	2/3 cup	5.4
Corn Flakes	1 1/4 cup	0.3
Cracklin Bran	1/3 cup	4.3
Crisp. Whts. n' Raisins	3/4 cup	1.3
40% Bran	3/4 cup	4.0
Frosted Mini-Wheats	4 biscuits	2.1
Graham Crackos	3/4 cup	1.7
Grape Nuts	1/4 cup	1.4
HrtInd. Nat. Cereal	1/4 cup	1.3
Honey Bran	7/8 cup	3.1
Most	2/3 cup	3.5
Nutri-Grain, barley	3/4 cup	1.7
Nutri-Grain, corn	3/4 cup	1.8
Nutri-Grain, rye	3/4 cup	1.8
Nutri-Grain, wheat	3/4 cup	1.8
100% Bran	1/2 cup	8.4
100% Natural Cereal	1/4 cup	1.0
Oatmeal, (cooked)	3/4 cup	1.6
Raisin Bran-type	3/4 cup	4.0
Rice Krispies	1 cup	0.1
Shredded Wheat	2/3 cup	2.6
Special K	1 1/3 cup	0.3
Sugar Smacks	3/4 cup	0.4
Tasteeos	1 1/4 cup	1.0
Total	1 cup	2.0
Wheat Chex	2/3 cup	2.1
Wheaties	1 cup	2.0
Wheat n' Raisin Chex	3/4 cup	2.5
Wheat Germ	1/4 cup	3.4

Nuts	Svg. size	Fiber (gm)
Almonds	10 nuts	1.1
Filberts	10 nuts	0.8
Peanuts	10 nuts	1.4
Lentils, cooked	1/2 cup	7.3
Lima beans, cooked	1/2 cup	4.5
Navy beans, cooked	1/2 cup	6.0

Juices	Svg. size	Fiber (gm)
Apple	1/2 cup	0.4
Grapefruit	1/2 cup	0.5
Grape	1/2 cup	0.6
Orange	1/2 cup	0.5
Papaya	1/2 cup	0.8

Fruits	Svg. size	Fiber (gm)
Apple with skin	1	3.5
Apple without skin	1	2.7
Apricot	3	1.8
Apricot, dried	5 halves	1.4
Banana	1	2.4
Blueberries	1/2 cup	2.0
Cantaloupe	1/4 melon	1.0
Cherries, sweet	10	1.2
Grapefruit	1/2	1.6
Grapes	20	0.6
Orange	1	2.6
Peach with skin	1	1.9
Peach without skin	1	1.2
Pear with skin	1/2 large	3.1
Pear without skin	1/2 large	2.5
Pineapple	1/2 cup	1.1
Plums, damson	5	0.9
Prunes	3	3.0
Raisins	1/4 cup	3.1
Raspberries	1/2 cup	3.1
Strawberries	1 cup	3.0
Watermelon	1 cup	0.4

Breads	Svg. size	Fiber (gm)
Bagels	1	0.6
Bran muffins	1	2.5
Cracked wheat bread	1 slice	1.0
Crisp rye bread	2 crackers	2.0
Crisp wheat bread	2 crackers	1.8
French bread	1 slice	0.7
Italian bread	1 slice	0.3
Mixed grain bread	1 slice	0.9
Oatmeal bread	1 slice	0.5
Pita bread	1 piece	0.4
Pumpnickel bread	1 slice	1.0
Raisin bread	1 slice	0.6
White bread	1 slice	0.4
Whole wheat bread	1 slice	1.4


Veg. (raw)	Svg. size	Fiber (gm)
Bean sprouts	1/2 cup	1.5
Celery, diced	1/2 cup	1.1
Cucumber	1/2 cup	0.4
Lettuce, sliced	1 cup	0.9
Mushrooms	1/2 cup	0.9
Onions, sliced	1/2 cup	0.9
Pepper, green, sliced	1/2 cup	0.5
Spinach	1 cup	1.2
Tomato	1	1.5

Veg. (cooked)	Svg. size	Fiber (gm)
Asparagus, cut	1/2 cup	1.0
Beans (string, green)	1/2 cup	1.6
Broccoli	1/2 cup	2.2
Brussels sprouts	1/2 cup	2.3
Cabbage (red, white)	1/2 cup	1.4
Carrots	1/2 cup	2.3
Cauliflower	1/2 cup	1.1
Corn, canned	1/2 cup	2.9
Kale	1/2 cup	1.4
Parsnip	1/2 cup	2.7
Peas	1/2 cup	3.6
Potato (with skin)	1	2.5
Potato (w/o skin)	1	1.4
Spinach	1/2 cup	2.1
Squash	1/2 cup	1.4
Sweet potatoes	1/2 cup	1.7
Turnips	1/2	1.6
Zucchini	1/2 cup	1.8

Pasta and Rice	Svg. size	Fiber (gm)
Macaroni	1 cup	1.0
Rice, brown	1/2 cup	1.0
Rice, polished	1/2 cup	0.2
Spaghetti, regular	1 cup	1.1
Spaghetti, wheat	1 cup	3.9

Hours
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For more information, please discuss your symptoms with your primary care physician or call Southern Indiana Surgery at (800) 815-7671.



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