

Amount of Fiber in Some Foods

Fruits

Apple, raw, with skin	1 medium = 3.3 grams
Peach, raw	1 medium = 1.5 grams
Pear, raw	1 medium = 5.1 grams
Tangerine, raw	1 medium = 1.9 grams

Vegetables

Asparagus, fresh, cooked	4 spears = 1.2 grams
Broccoli, fresh, cooked	1/2 cup = 2.6 grams
Brussels sprouts, fresh, cooked	1/2 cup = 2 grams
Cabbage, fresh, cooked	1/2 cup = 1.5 grams
Carrot, fresh, cooked	1/2 cup = 2.3 grams
Cauliflower, fresh, cooked	1/2 cup = 1.7 grams
Winter squash, cooked	1 cup = 5.7 grams

Starchy Vegetables

Baked beans, canned, plain	1/2 cup = 6.3 grams
Kidney beans, fresh, cooked	1/2 cup = 5.7 grams
Lima beans, fresh, cooked	1/2 cup = 6.6 grams
Potato, fresh, cooked	1 = 2.3 grams

Grains

Bread, whole-wheat	1 slice = 1.9 grams
Brown rice, cooked	1 cup = 3.5 grams
Cereal, bran flake	3/4 cup = 5.3 grams
Oatmeal, plain, cooked	3/4 cup = 3 grams
White rice, cooked	1 cup = 0.6 grams

Source: United States Department of Agriculture (USDA). USDA Nutrient Database for Standard Reference Release 15. Available at www.nal.usda.gov/fnic/cgi-bin/nut_search.pl. Accessed April 5, 2004.