

Examples of Fiber-Rich Foods

Cereals (½ cup serving)	Brand	Fiber (grams)	Brand	Fiber (grams)
	Fiber One	13	Chex (100% whole grain wheat)	3
	100% Bran	12	Fruit and Fiber	3
	All Bran	12	Great Grains	3
	Kashi Go Lean	5	Frosted Mini Wheats	3
	Kellogg's Bran Flakes	5	Kellogg's Low Fat Granola	3
	Grape Nuts	5	Cheerios	2
	Raisin Bran	3-5	Wheaties	2
Fruit	Pear (one)	4	Peach (fresh, one)	2
	Strawberries (1 cup)	3	Mango	2
	Apple (one, with skin)	3	Nectarine	2
	Dried Fruits (3 Tbs)	3	Avocado (½)	2
	Papaya (one)	3	Plum	1
Vegetables (cooked)	Pinto, kidney, black, lima beans (½ cup)	4-7	Carrots (1 medium raw or ½ cup cooked)	2
	Sweet potato (1, medium)	4	Cabbage (½ cup)	2
	Lentil (½ cup)	4	Spinach (½ cup)	2
	Jicama (½, raw)	3-4	Cauliflower (¾ cup)	2
	Potato with skin (medium)	3	Broccoli (½ cup)	2
	Corn (½ cup)	3	Peas (½ cup)	3