

## A Field Guide To Fiber

### GRAINS

(1 oz. unless otherwise indicated)	Dietary Fiber (gms)
All-Bran w/Extra Fiber ( <i>Kellogg</i> )	13.0
Fiber One ( <i>General Mills</i> )	12.0
100% Bran ( <i>Nabisco</i> )	9.1
All-Bran ( <i>Kellogg</i> )	8.6
Bran Buds ( <i>Kellogg</i> )	7.7
Wheat bran (1/3 c., dry)	6.4
Corn Bran ( <i>Quaker</i> )	5.9
Wheat germ (1/4 c.)	5.5
Bran Chex ( <i>Post</i> )	5.0
Natural Bran Flakes ( <i>Post</i> )	5.0
40% Bran Flakes ( <i>all brands</i> )	4.3
Oat bran (1/3 c., dry)	4.2
Cracklin' Oat Bran ( <i>Kellogg</i> )	4.1
Fruit 'n Fibre ( <i>Post</i> )	4.0
Fruitful Bran ( <i>Kellogg</i> )	4.0
Shredded Wheat 'n Bran ( <i>Nabisco</i> )	4.0
Wheatena ( <i>Uhlmann</i> )	4.0
Ralston Instant ( <i>Ralston</i> )	3.3
Shredded Wheat ( <i>Nabisco</i> )	3.3
Popcorn, air-popped (2 c.)	3.2
Frosted Mini-Wheats ( <i>Kellogg</i> )	3.0
Raisin Bran ( <i>Kellogg, Post</i> )	2.9
Graham crackers (2 squares)	2.8
Total ( <i>General Mills</i> )	2.5
Wheat Chex ( <i>Ralston</i> )	2.5
Wheaties ( <i>General Mills</i> )	2.5
Brown rice, cooked (1/2 c.)	2.4
Grapenuts ( <i>Post</i> )	2.2
Nutri-Grain ( <i>Kellogg</i> )	2.1
Millet, cooked (1/2 c.)	1.8
Whole wheat bread (1 slice)	1.6
Rye bread (1 slice)	1.0
Spaghetti, cooked (1/2 c.)	0.8
White bread (1 slice)	0.6
White rice, cooked (1/2 c.)	0.1

### LEGUMES (1/2 c. cooked)

Kidney beans	5.8
Pinto beans	5.3
Split peas	5.1
White beans	5.0
Lima beans	4.9

### VEGETABLES

(1/2 cup)	Dietary Fiber (gms)
Sweet potato (1 large)	4.2
Peas	4.1
Brussels sprouts	3.9
Corn	3.9
Potato, baked (1 medium)	3.8
Carrots (1 raw or 1/2 c. ckd.)	2.3
Collards	2.2
Asparagus	2.1
Green beans	2.1
Broccoli	2.0
Spinach	2.0
Turnips	1.7
Mushrooms, raw	0.9
Summer squash	0.7
Lettuce, raw	0.3

### FRUITS (raw)

Blackberries (1/2 c.)	4.5
Prunes, dried (3)	3.7
Apple w/skin (1)	2.6
Banana (1 medium)	2.0
Strawberries (3/4 c.)	2.0
Grapefruit (1/2 medium)	1.7
Peach (1 medium)	1.6
Cantaloupe (1/4 small)	1.4
Raisins (2 T.)	1.3
Orange (1 small)	1.2
Grapes (12)	0.5

Sources: Anderson, J. *Plant Fiber in Foods*, (HCF Diabetes Research Foundation, Inc. P.O. Box 22124, Lexington, KY 40522) 1986.

USDA Handbook #8-8.

USDA Nutrient Data Research Group, personal communication.

Product label information.

Note: Fiber figures may differ from earlier figures published by CSPI or others because methods for analyzing dietary fiber have not been standardized.