

A PARTIAL LIST OF FOOD SOURCES FOR FIBER CONTENT

(Courtesy of Utah Cooperative Extension Service)

	<u>GRAMS</u>		<u>GRAMS</u>
VEGETABLES		GRAINS	
Broccoli, 1/2 c. cooked	3.2	Bran muffin, 1 small	1.8
Cabbage, 1/2 c. cooked	2.00	Bread, whole wheat, 1 slice	3.17
Corn, canned, 1/2 cup	1.1	Bread, white, 1 slice	0.68
Celery, diced, 1/2 cup	1.1	Bread, cracked wheat, 1 slice	1.25
Green Beans, 1/2 c. cooked	3.13	Spaghetti, 1/2 cup	1.1
Lettuce, 1/6 head	1.45	Rice, brown, cooked, 1/2 cup	1.7
Tomato, raw, 1 medium	2.26	Rice, polished-cooked, 1/2 cup	0.4
Peas, cooked, 1/2 cup	3.8		
Potatoes (w/skin), 1 medium	4.7	CEREALS	
		All-Bran cereal, 1/3 cup	8.40
FRUITS		Corn Bran, 1 oz., 2/3 cup	5.4
Apple, with peel, 1 medium	4.28	40% Bran Flakes, 1 cup	5.50
Apple juice, 3/4 cup	0.2	Shredded Wheat, 1 oz., 2/3 cup	3.1
Banana, 1 medium	3.26	Wheaties, 1 oz., 1 cup	3.0
Cantaloupe, 1/2 medium	2.67	Oatmeal, cooked, 1/2 cup	2.0
Orange, 1 medium	2.97	Special K, 1 oz., 1 cup	0.3
Peaches, canned, 1/2 cup	2.05		
Prunes, stewed, 1/2 cup	4.5		
Strawberries, 1/2 cup	2.0		
LEGUMES			
Lentils, cooked, 1/2 cup	5.0		
Kidney Beans, cooked, 1/2 cup	7.3		
Pork & Beans, 1 c.	18.60		
Peanut Butter, 2 Tbsp.	2.40		

FILLING UP ON FIBER...

Eat 6-11 servings each day of bread, cereal, rice or pasta.
 Choose fiber-rich foods instead of fiber supplements.
 Add bran to muffins, pancake batter, casseroles, or to top breakfast cereals and salads.
 Boost the fiber in cereals with fresh fruit.
 Choose baked goods with raisins or other dried fruit.