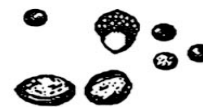
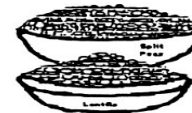


Fiber Facts

Foods	Serving Size	Grams of Dietary Fiber
Fruits		
Pear	1	4
Strawberries	1 cup	3
Orange	1	3
Apple	1	3
Banana	1	3
Vegetables		
Broccoli, boiled	1/2 cup	3
Tomato	1	2
Carrots, raw, shredded	1/2 cup	2
Cabbage, boiled	1/2 cup	2
Cauliflower, boiled	1/2 cup	1
Starchy Vegetables		
Sweet potato, mashed	1/2 cup	3
Green peas, boiled	1/2 cup	3
Corn, boiled	1/2 cup	2
Winter squash, baked	1/2 cup	2
Potato, boiled	1	2
Legumes		
Kidney beans, cooked	1/2 cup	6
Lentils, cooked	1/2 cup	5
Black-eye beans, cooked	1/2 cup	5
Lima beans, frozen, boiled	1/2 cup	4
Great northern beans, cooked	1/2 cup	4
Nuts and Seeds		
Peanuts	1/4 cup	3
Almonds	1/4 cup	3
Sesame seeds	1/8 cup	3
Cashews	1/4 cup	3
Pecans	1/4 cup	2
Bread, Grain, and Cereal		
100% Bran cereal	1/2 cup	10
Whole wheat bread	1 slice	3
Bran muffin	1	3
Brown rice, cooked	1/2 cup	3
Oatmeal, cooked	1 cup	2



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Nutrient Analysis: Nutritionist 3,
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