

The average American consumes <14 g of fiber a day. Current recommendations suggest a daily fiber intake of 25 –35 grams. Fiber helps reduce cholesterol, blood sugar, constipation and risk of colon Cancer. Compare your diet to the chart below to see if you are getting your fiber fill!

Dietary Fiber Chart

Food	Dietary Fiber (g)	Food	Dietary Fiber (g)
Cereals		Vegetables	
All Bran (1/2 cup)	13.2	(raw, except as noted)	
Bran Buds	12.0	Beans, green, canned (1/2 cup)	1.8
40% Bran Flakes (1/2 cup)	2.6	Beans, kidney, canned (1/2 cup)	5.8
Brown rice, cooked (1/2 cup)	1.7	Beans, lima, cooked (1/2 cup)	3.1
Corn Bran (1/2 cup)	4.0	Beans, pinto, canned (1/2 cup)	5.7
Corn Flakes (1/2 cup)	1.4	Broccoli (1/2 cup)	3.3
Fiber One (1/2 cup)	18.0	Cabbage, cooked (1/2 cup)	2.6
Grapenuts (1/2 cup)	4.4	Carrots (1/2 cup)	1.8
Miller's unprocessed bran (1 oz.) (sprinkle on food or mix w/juice)	4.6	Cauliflower (1/2 cup)	0.8
Nutrigrain wheat (1/2 cup)	1.4	Celery (1/2 cup)	1.1
Oat Bran, cooked (1/2 cup)	2.1	Corn, boiled (1 ear)	3.1
Oatmeal, cooked (1/2 cup)	1.8	Cucumber (1 medium)	1.5
Rice Krispies (1/2 cup)	0.6	Lettuce, iceberg (1/2 cup)	0.4
Shredded Wheat, 1 biscuit	3.4	Peas, cooked (1/2 cup)	8.3
Special K (1/2 cup)	0.4	Potatoes, boiled (1 medium)	3.0
Wheaties (1/2 cup)	1.3	Spinach (1/2 cup)	1.0
Wheat Chex (1/2 cup)	1.7	Tomato (1 small)	1.0
Breads (1 slice) & Grains		Fruits	
Pumpernickel	0.6	Apple (1 small)	3.4
Rye, no seeds	0.4	Apricots (2 medium)	1.8
Rye Krisp Crackers (2)	1.5	Banana (1 small)	2.0
White Bread	0.2	Cantaloupe (1/4 small)	0.9
Whole Wheat	1.3	Cherries (15 large)	1.1
Bulgar, Barley, Rice, cooked (1 cup)	1.0	Grapes (10 medium)	0.5
Popcorn (2 cups)	0.7	Orange, navel (1 small)	2.2
		Pear, Bosc (1 medium)	4.8
Nuts		Plums (10 small)	2.1
Sunflower Seeds (1 tbsp.)	1.1	Raspberries (1/2 cup)	1.9
Soybean nuts (1 oz.)	1.0	Strawberries (1/2 cup)	1.7
Peanuts, w/skin (1 oz.)	1.0	Blueberries (1/2 cup)	2.5
Peanuts, w/o skin (1 oz.)	0.5	Prunes (5 small)	4.4