

How Much FIBER Is in Your



FOOD?

Here are approximate amounts of dietary fiber in some common foods that you can easily add to your diet.

Foods with No Fiber

Of course, beer and other alcoholic beverages are devoid of fiber. But did you realize that several ready-to-eat cereals have little if any fiber either? When you buy cereal, look for brands with at least 5 grams of fiber per serving.

Milk, ice cream, cheese, and yogurt are fiber-free. You might also be surprised to learn that beef, pork, poultry, and other meats don't have fiber either. You won't find fiber in fish, shrimp, clams, or other seafood.

If you want to increase your fiber consumption, eat more fruits and vegetables (aim for 5–9 servings daily), legumes (3–4 or more servings per week), nuts (1 small handful or 1 oz daily), and whole grains (3–4 or more servings daily).

The Institute of Medicine recommends the following daily fiber minimums:

Age 50 and younger	Age 51 and older
– Women: 25 grams	– Women: 21 grams
– Men: 38 grams	– Men: 30 grams

Sources:

1. National Institute of Diabetes and Digestive and Kidney Diseases.
2. USDA Nutrient Database for Standard Reference. Release 16-1. United States Department of Agriculture.
3. Institute of Medicine. 2007.

GRAINS

Barley, pearled, cooked	½ cup	3.0 grams
Bread, whole-wheat	1 slice	1.7 grams
Bread, white	1 slice	0.6 gram
Bulgur wheat, cooked	½ cup	4.1 grams
Cereal, bran flakes	¾ cup	5.3 grams
Corn grits, yellow	½ cup	0.5 grams
Flour, whole wheat	½ cup	7.3 grams
Oatmeal, plain, cooked	¾ cup	2.8 grams
Rice, brown, cooked	1 cup	3.5 grams
Rice, white, cooked	1 cup	0.7 gram

BEANS

Baked beans, canned	½ cup	7.0 grams
Black beans, cooked	½ cup	7.0 grams
Great northern beans, cooked	½ cup	6.2 grams
Kidney beans, cooked	½ cup	5.7 grams
Pinto beans, cooked	½ cup	7.4 grams
Soybeans, cooked	½ cup	6.0 grams

FRUITS

Apple	1 medium	3.3 grams
Apricot	3 medium	2.1 gram
Banana	1 medium	3.1 grams
Blackberries, fresh	1 cup	7.6 grams
Blueberries, fresh	1 cup	3.5 grams
Dates	½ cup	7.1 grams
Orange	1 medium	3.1 grams
Peach	1 medium	1.5 grams
Pear	1 medium	4.4 grams
Prunes, dried and stewed	½ cup	3.8 grams
Raisins	½ cup	2.7 grams
Red raspberries, fresh	1 cup	8.0 grams

VEGETABLES

Acorn squash, fresh, baked	½ cup	4.5 grams
Artichoke hearts, cooked	½ cup	4.5 grams
Asparagus, cooked	½ cup	1.8 grams
Broccoli, chopped, cooked	½ cup	2.6 grams
Brussels sprouts, cooked	½ cup	2.0 grams
Cabbage, cooked	½ cup	1.4 grams
Carrot, cooked	½ cup	2.3 grams
Green beans, cooked	½ cup	2.0 grams
Lettuce, romaine	1 cup	1.2 gram
Potato, with skin, baked	1 medium	3.8 grams
Spinach, cooked	½ cup	2.2 grams
Tomato, raw	1 medium	1.5 gram

NUTS

Almonds	½ cup	8.4 grams
Filberts (hazelnuts)	½ cup	6.5 grams
Macadamia	½ cup	5.3 grams
Pecans	½ cup	4.8 grams
Walnuts	½ cup	4.0 grams

