

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 diverticulosis. 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)
<b>Cereals</b>		<b>Vegetables</b> (raw, except as noted)	
All Bran (1/2 cup)	13.2	Beans, green, canned (1/2 cup)	1.8
Bran Buds	12.0	Beans, kidney, canned (1/2 cup)	5.8
40% Bran Flakes (1/2 cup)	2.6	Beans, lima, cooked (1/2 cup)	3.1
Brown rice, cooked (1/2 cup)	1.7	Beans, pinto, canned (1/2 cup)	5.7
Corn Bran (1/2 cup)	4.0	Broccoli (1/2 cup)	3.3
Corn Flakes (1/2 cup)	1.4	Cabbage, cooked (1/2 cup)	2.6
Fiber One (1/2 cup)	18.0	Carrots (1/2 cup)	1.8
Grapenuts (1/2 cup)	4.4	Cauliflower (1/2 cup)	0.8
Miller's unprocessed bran (1 oz.) (sprinkle on food or mix w/juice)	4.6	Celery (1/2 cup)	1.1
Nutrigrain wheat (1/2 cup)	1.4	Corn, boiled (1 ear)	3.1
Oat Bran, cooked (1/2 cup)	2.1	Cucumber (1 medium)	1.5
Oatmeal, cooked (1/2 cup)	1.8	Lettuce, iceberg (1/2 cup)	0.4
Rice Krispies (1/2 cup)	0.6	Peas, cooked (1/2 cup)	8.3
Shredded Wheat, 1 biscuit	3.4	Potatoes, boiled (1 medium)	3.0
Special K (1/2 cup)	0.4	Spinach (1/2 cup)	1.0
Wheaties (1/2 cup)	1.3	Tomato (1 small)	1.0
Wheat Chex (1/2 cup)	1.7		
<b>Breads (1 slice) &amp; Grains</b>		<b>Fruits</b>	
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
		Plums (10 small)	2.1
<b>Nuts</b>			
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