

HIGH FIBER FOOD LIST

FOOD	SERVING	CALORIES	TOTAL	FOOD	SERVING	CALORIES	TOTAL
Vegetable				Breads			
Artichoke	½ cup	37	2.77	Black Bread	1 slice	68	1.72
Asparagus	½ cup	25	1.48	Bran	1 slice	87	2.09
Broccoli	½ cup	26	3.5	Cornbread	1 med	191	1.6
Brussel Sprouts	½ cup	33	2.79	Crackers (Saltines)	1 regular	13	0.12
Carrots	½ cup	35	2.42	Crackers (Graham)	1 square	27	0.24
Celery	½ cup	10	1.08	Cracked Wheat Bread	1 slice	69	1.66
Corn	½ cup	66	4.67	French Bread	1 slice	69	0.42
Cucumber	½ cup	7	0.78	Multigrain Bread	1 slice	63	1.51
Eggplant	½ cup	13	0.96	Pumpernickel Bread	1 slice	68	1.72
Green	½ cup	62	3.36	Rye Bread	1 slice	68	1.72
Lettuce	½ cup	4	0.41	White Bread	1 slice	67	0.4
Potato	½ cup	85	1.95	Whole Wheat	1 slice	69	1.66
Spinach	½ cup	27	3.51	Grains/Pa			
Tomato	½ cup	17	1.35	Barley	½ cup	350	8.26
Zucchini	½ cup	22	2.34	Cornmeal	½ cup	251	5.18
Beans				Egg Noodles	2 ounces	185	1.27
Black-eyed	½ cup	99	2.92	Flour	½ cup	170	3.14
Brown	½ cup	120	8.43	Buckwhea	½ cup	154	5.22
Green/Stri	½ cup	18	2.23	Rye	½ cup	209	2.01
Kidney	½ cup	120	8.43	White	½ cup	200	5.34
Lentils	½ cup	116	5	Whole Wheat	½ cup	231	1.25
Lima Beans	½ cup	90	4.5	Macaroni Noodles (Whole Wheat)	2 ounces	190	5.61
Navy	½ cup	122	8.57	Rice,	2	311	1.42
Northern Beans	½ cup	122	8.57	Rice, brown	½ cup	369	5.58
Pinto	½ cup	120	8.48	Spaghetti	2	237	1.28
Red Beans	½ cup	120	8.43	Cereals			
Wax/Yello	½ cup	18	1.62	Bran	1 ounce	71	8.38

White	½ cup	122	8.57	Corn	1 ounce	110	0.51
Fruits				Granola	1 ounce	126	1.5
Apple with peel	1 medium	81	3.59	Oat Bran, cooked	1 ounce	47	1.98
Apricots	1 cup	74	2.95	Oak flakes	1 ounce	111	0.26
Banana	1	105	2.28	Puffed rice	1 ounce	114	0.26
Boysenberries	1 cup	75	7.2	Shredded wheat	1 ounce	102	2.83
Cantaloup	1	47	1.07	Wheat	1 ounce	108	4.05
Cherries	1 cup	104	2.83				
Grapefruit	1	93	1.75				
Pear	1	98	4.81				
Prune	1 cup	282	11.06				
Raspberry	1 cup	60	6.03				
Strawberry	1 cup	45	3.13				
Watermelon	1 slice	154	2.02				

Corn (2/3 cup)	1.6 grams
Potato (1 medium)	1.8 grams
Tomato (1 small)	0.8 grams
Green peas (2/3 cup)	3.9 grams
Kidney beans (1/2 cup)	6.5 grams
Pinto beans (1/2 cup)	5.9 grams
Navy beans (1/2 cup cooked)	6.0 grams
Lentils (2/3 cup)	4.5 grams
Green beans (1/2 cup)	1.6 grams
Spinach (1/2 cup)	2.1 grams
Sweet potatoes (1/2 cup)	1.7 grams
Cauliflower (1/2 cup)	1.1 grams
Brown rice (1/2 cup)	1.0 grams
Rolled oats (3/4 cup)	3.0 grams
Whole wheat bread (1 slice)	1.4 grams
Oat bran (1/2 cup)	4.4 grams
Fiber One cereal (1/2 cup)	14 grams
Shredded wheat (2/3 cup)	2.6 grams
Raisin bran (3/4 cup)	4.0 grams

High fiber diet sample menu:

Breakfast

1 cup bran cereal
1/3 cup strawberries
1 slice whole wheat bread

Lunch

½ cup bean soup
1 sandwich with whole wheat bread, lettuce and tomato
1 cup fruit salad

Snack

1 large unpeeled apple

Dinner

½ cup grapefruit

Stir-fried chicken and broccoli

1 cup brown rice

Vanilla yogurt with dried fruit