

Fibre Content of Various Food Groups*

FOOD	AMOUNT	FIBRE CONTENT
Vegetables (cooked)		
Artichoke	1 medium	10 grams
Beans (green or yellow)	½ cup	1.5 grams
Broccoli	½ cup	2.0 to 2.5 grams
Brussels sprouts	½ cup	3 grams
Carrots	½ cup	2 grams
Cauliflower	½ cup	1.5 to 2.5 grams
Collards or turnip greens	½ cup	4 grams
Corn	½ cup	2 grams
Green peas	½ cup	4 to 5 grams
Lima beans	½ cup	5 grams
Parsnips	½ cup	3 grams
Potato, with skin	1 medium	3 to 4 grams
Spinach	½ cup	3 grams
Squash (acorn or butternut)	½ cup	2 grams
Sweet potato	1 medium	4 grams
Fruit		
Apple, with skin	1 medium	3.5 grams
Apricots, fresh or dried	3	1.5-2 grams
Avocado	½	7 grams
Banana	1 medium	2 grams
Cherries	20	3.5 grams
Grapefruit	½	2.5 grams
Guava	1 fruit	5 grams
Kiwi fruit	1 large	2.5 grams
Nectarine	1 medium	2.5 grams
Orange	1 medium	2.5 grams
Peach	1 medium	3 grams
Pear, with skin	1 medium	5 grams
Plums	2	2 grams
Prunes, dried or cooked	¼ cup	3.5 grams
Raspberries or blackberries	½ cup	4 grams

*Check the Nutrition Facts Table on packaged foods for the exact amount of the fibre content of the foods you're consuming.

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Continued

FOOD	AMOUNT	FIBRE CONTENT
Grain products		
Barley, cooked	½ cup	2 grams
Bran flakes	1 cup	8 grams
Bread (rye)	1 slice	1.5 grams
Bread (whole wheat, pumpernickel)	1 slice	2 grams
English muffin, whole wheat	½	2 grams
Oatmeal, cooked	1 cup	4 grams
Pasta, spinach, cooked	½ cup	2.5 grams
Pasta, white, cooked	½ cup	1 gram
Pasta, whole wheat, cooked	½ cup	2.5 grams
Pita, whole wheat	½	2.5 grams
Popcorn, air popped	2 cups	2.5 grams
Rice (brown or wild), cooked	½ cup	2 grams
Legumes		
Baked beans	¾ cup	8 to 10 grams
Beans (white, yellow, black, pinto, kidney, navy, cooked)	¾ cup	9 to 14 grams
Chickpeas, cooked	¾ cup	5 grams
Hummus	¼ cup	4 grams
Lentils, cooked	¾ cup	6 grams
Peas (black-eyed, pigeon), cooked	¾ cup	8 grams
Soybeans, mature, cooked	¾ cup	8 grams
Nuts and seeds		
Almonds, whole	¼ cup	4 grams
Coconut meat, dried, shredded	½ cup	8 grams
Flax seeds, whole or ground	1 tablespoon	3 grams
Nuts (hazelnuts, macadamia, pistachio)	¼ cup	3 to 3.5 grams
Pumpkin or squash seeds	¼ cup	4 grams
Soy nuts, roasted	¼ cup	2 grams
Sunflower seeds, without shell	¼ cup	4 grams

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