

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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