

## Sources of Fiber

Food	Serving size	Total Carb (grams)	Dietary Fiber (grams)
<b>Legumes and Lentils</b>			
Kidney beans, canned	1/2c	19	5.5
Lentils, cooked	1/2c	20	7.8
Navy beans, cooked	1/2C	24	9.6
Peanut butter	2 Tbsp	7	1.6
Peanuts, roasted	1 oz	6	2.9
Soybeans, cooked, mature	1/2c	7	5.2
Split peas	1/2c	21	8.1
<b>Vegetables</b>			
Artichoke hearts, cooked	1/2c	10	4.8
Broccoli, cooked, chopped	1/2c	6	2.6
Carrot, raw, strips	1/2c	6	1.7
Green beans, cooked	1/2c	5	2.0
Green peas, cooked	1/2c	13	4.4
Lettuce, leaf, shredded	1 c	1	0.5
Okra, sliced, cooked	1/2c	4	2.0
Potato, baked, with skin	1 medium	37	2.9
Sweet potato, baked, with skin	1 medium	24	3.8
Winter squash, acorn, mased	1/2c	15	4.5
<b>Fruit</b>			
Apple with skin	1 small	21	3.6
Banana	1 medium	27	3.1
Blueberries	1/2c	11	1.8
Cantaloupe, cubed	1/2c	6.8	0.7
Dates, chopped	1/4c	28	2.9
Figs, dried	1/4c	24	3.7
Orange	1 medium	15	3.1
Peach	1 medium	14	2.2

Pear	1 medium	27	5.5
Pineapple, raw, chunks	1/2c	11	1.2
Prunes, stewed	1/4c	17	1.9
Raspberries	1/2c	7	4.0
Strawberries	1/2c	6	1.4
Grains			
Bran flakes	3/4c	24	5.5
Bread, white	1 slice	12	0.6
Bread, whole wheat	1 slice	14	1.9
Crackers, whole grain	1 ounce	20	2.9
English muffin, whole wheat	1/2	13	2.2
Oatmeal, cooked	1/2c	14	2.0
Pearled barley, cooked	1/2c	22	3.0
Quinoa	1/2c	20	2.6
Rice, brown, cooked	1/2c	23	1.8
Rice, white, cooked	1/2c	22	0.3
Shredded wheat, spoon size	1 cup	40	6.1
Nuts and Seeds			
Almonds	1 ounce	6	3.5
Chia seeds, dry	1 Tbsp	6	4.9
Flaxseeds, whole	1 Tbsp	3	2.8
Sesame seeds, dry	1 Tbsp	4	1.0
Walnuts	1 ounce	4	1.9