

## Dietary Fiber in Common Foods

\*Important as dietary fiber is, laboratory technicians have not yet been able to ascertain the exact total content in many foods, especially vegetables and fruits, because of its complexity. Consequently, estimates vary from one source to another. Where differing estimates have been found, an approximation is given in the chart, as indicated by an asterisk. The same symbol following calorie content means the number of calories has been estimated, varying according to other added ingredients, especially fats and sugars, and to the size of the "average" fruit or vegetable unit.

Food, Portion, Calories, Fiber (#g =grams)

**Almonds** slivered 1 tbsp, 14, 0.6g sliced 1/4 cup, 56, 2.4g  
**Apple** raw 1 small, 55-60\*, 3g; raw 1 med, 70, 4g; raw 1 large, 80-100\*, 4.5g; baked 1 large, 100, 5g; applesauce 2/3 cup, 182, 3.6g  
**Apricots** raw 1 whole, 17, 0.8g; dried 2 halves, 36, 1.7g; canned in syrup 3 halves, 86, 2.5g  
**Artichokes** cooked, 1 large, 30-44\*, 4.5g; canned hearts, 4 or 5 sml, 24, 4.5g  
**Asparagus** cooked, sml spears 1/2 cup, 17, 1.7g  
**Avocado** diced 1/4 cup, 97, 1.7g; 2 slices, 50, 0.9; whole 1/2 avg.size, 170, 2.8g  
**Baked beans** in sauce (8-oz can) 1 cup, 180\*, 16g; with pork & molasses 1 cup, 200-260\*, 16g  
**Banana** 1 med 8", 96, 3g  
**Beans** black, cooked 1 cup, 190, 19.4g; broad beans (Italian, haricot) 3/4 cup, 30, 3g; Great Northern 1 cup, 160, 16g; kidney beans; cooked 1 cup, 188, 19.4g; lima, Fordhook baby, butter beans fresh 1/2 cup, 118, 3.7g; lima, canned or cooked 1/2 cup, 150, 5.8g; pinto, canned or cooked 1 cup, 155, 18.8g; white, canned or cooked 1/2 cup, 80, 8.0g  
**Bean sprouts, raw** in salad 1/4 cup, 7, 0.8g  
**Beets** cooked, sliced 1/2 cup, 33, 2.5g  
**Blackberries** raw, no sugar 1/2 cup, 27, 4.4g; canned, in juice pack 1/2 cup, 54, 5.0g  
**Blueberries**, fresh 1 cup, 84, 3.6g  
**Brazil nuts** shelled 2, 48, 2.5g  
**Broccoli** raw 1/2 cup, 20, 4.0g; fresh, cooked 3/4 cup, 30, 7.0g  
**Brussel sprouts** cooked 3/4 cup, 36, 3.0g  
**Buckwheat** groats (**kasha**); cooked 1 cup, 160, 9.6g  
**Cabbage, white or red** raw 1/2 cup, 8, 1.5; cooked 2/3 cup, 15, 3.0g  
**Cantaloupe** 1/4, 38, 1.0\*;  
**Carrots** raw, slivered (4-5 sticks) 1/4 cup, 10, 1.7g; cooked 1/2 cup, 20, 3.4g

**Cauliflower** raw, chopped 3 tiny buds, 10, 1.2g; cooked, chopped 7/8 cup, 16, 2.3g  
**Celery, Pascal** raw 1/4 cup, 5, 2g; chopped 2 tbsp, 3, 1g; cooked 1/2 cup, 9, 3g  
**Cherries** swt, raw 10, 28, 1g; 2 1/2 cup, 55\*, 1g\*  
**Chestnuts** roasted 2 large, 29, 1.9g  
**Chickpeas (garbanzos)** canned 1/2 cup, 86, 6.0; cooked 1 cup, 172, 12g  
**Coconut, dried** sweetened 1 tbsp, 46, 3.4g\*; unsweetened 1 tbsp, 22, 3.4g\*  
**Corn (sweet)** on cob 1 med ear, 64-70\*, 5g; kernels, cooked or canned 1/2 cup, 64, 5g; cream-style, canned 1/2 cup, 64, 5g; succotash (with limas) 1/2 cup, 66, 7g  
**Cornbread** 1 sq. (2 1/2"), 93, 3.4g  
**Cranberries** raw 1/4 cup, 12, 2g; sauce 1/2 cup, 245, 4g; cranberry-orange relish 1 tbsp, 56, 0.5g  
**Cucumber, raw** unpeeled 10 thin sl, 12, 0.7g  
**Dates, pitted** 2 (1/2 oz.), 39, 1.2g\*  
**Eggplant** baked w/tomatoes 2 thick sl, 42, 4.0g  
**Endive, raw** salad 10 leaves, 10, 0.6g  
**Figs** dried 3, 120, 10.5g; fresh 1, 30, 2.0g  
**Grapefruit** 1/2 (avg. size), 30, 0.8g  
**Grapes** white 20, 75, 1g; red/black 15-20, 65, 1g  
**Green beans** fresh or frozen 1/2 cup, 10, 2.1g  
**Greens**, collards, beet greens, dandelion, kale, Swiss chard, turnip greens - cooked 1/2 cup, 20, 4.0g; Parsley, raw chopped 2 tbsp, 4, 0.6g; Spinach, raw 1 cup, 8, 3.5g; cooked 1/2 cup, 26, 7.0g; Watercress raw 1/2 cup (20 sprigs), 4, 1.0g  
**Honeydew melon** 3" slice, 42, 1.5g  
**Lentils** brown, cooked 2/3 cup, 144, 5.5g; red, cooked 1 cup, 192, 6.4g  
**Lettuce** (Boston, leaf, iceberg) 1 cup, 50, 0.8g  
**Mushrooms** raw 5 sm, 4, 1.4g; sauteed or baked with 2 tsp diet margarine 4 lg, 45, 2.0g; canned sliced, water-pack 1/4 cup, 10, 2.0g  
**Okra** fresh or frozen, cooked 1/2 cup, 13, 1.6g  
**Olives** green 6, 42, 1.2; black 6, 96, 1.2g  
**Onion** raw 1 tbsp, 4, 0.2; cooked 1/2 cup, 22, 1.5; instant minced 1 tbsp, 6, 0.3; green, raw (scallion) 1/4 cup, 11, 0.8g  
**Orange** 1 lg, 70, 2.4; 1 sm, 35, 1.2g  
**Parsnip, pared** cooked 1 lg, 76, 2.8g  
**Peach** raw 1 med, 38, 2.3; canned in light syrup 2 halves, 70, 1.4g  
**Peanut butter** 1 tbsp, 86, 1.1g  
**Peanuts** dry roasted 1 tbsp, 52, 1.1g  
**Pear** 1 med, 88, 4.0g  
**Peas** green, fresh or frozen 1/2 cup, 60, 9.1g; black-eyed frozen/canned 1/2 cup, 74, 8.0g; split peas,

dried 1/2 cup, 63, 6.7; cooked 1 cup, 126, 13.4;  
**Peas and carrots** frozen (5 oz), 40, 6.2g  
**Peppers** green sweet, raw 2 tbsp, 4, 0.3g; green sweet, cooked 1/2 cup, 13, 1.2g; red sweet (pimento) 2 tbsp, 9, 1g; red chili, fresh 1 tbsp, 7, 1.2g; dried, crushed 1 tsp, 7, 1.2g;  
**Pineapple** fresh, cubed 1/2 cup, 41, 0.8g; canned 1 cup, 58-74\*, 0.8g  
**Plums** 2 or 3 sm, 38-45\*, 2g  
**Popcorn** no oil, butter or margarine 1 cup, 20, 1g  
**Potatoes** Idaho, baked 1 sml.(6 oz), 120, 4.2; 1 med (7 oz), 140, 5g; white/russet 1 sm, 60, 2.2g; boiled 1 med (5 oz), 100, 3.5g; mashed potato (w/1 tbsp milk) 1/2 cup, 85, 3g; sweet, baked or boiled (5 oz), 146, 4g  
**Prunes** pitted 3, 122, 1.9g  
**Radishes** 3 med, 5, 0.1g  
**Raisins** 1 tbsp, 29, 1g  
**Raspberries, red** fresh/frozen 1/2 cup, 20, 4.6g  
 raspberry jam 1 tbsp, 7.5 1g  
**Rhubarb**, cooked with sugar 1/2 cup, 169\*, 2.9g  
**Rice** 1/2 cup measure before cooking, white, 79, 2g; brown, 83, 5.5g; instant 1 serving 79, 0.7g  
**Rutabaga (yellow turnip)** 1/2 cup, 40, 3.2  
**Sauerkraut** 2/3 cup, 15, 3.1  
**Squash** summer (yellow) 1/2 cup, 8, 2g; winter, baked or mashed 1/2 cup, 40-50, 3.5g; zucchini, raw or cooked 1/2 cup, 7, 3g  
**Strawberries** without sugar 1 cup, 45, 3g  
**Sunflower** kernels 1 tbsp, 65, 0.5\*g  
**Sweet pickle relish** relish 1 tbsp, 60, 0.5g\*  
**Tomatoes** raw 1 sm., 22, 1.4g; canned 1/2 cup, 21, 1g; sauce 1/2 cup, 20, 0.5g  
**Turnip, white** raw, slivered 1/4 cup, 8, 1.2g; cooked 1/2 cup, 16, 2g  
**Walnuts English, chopped** 1 tbsp, 49, 1.1g  
**Watermelon** 1 thick slice, 68, 2.8g  
**Yams (orange fleshed sweet potato)** cooked or baked in skin 1 med (6oz), 156, 6.8 g

### Fiber Content of Gluten-Free Whole Grains

Grain (1C raw)	Fiber (g)	Grain, serving	Fiber (g)
Amaranth	18	Flax, 2 tsp	4g
Buckwheat	17	Montina, pure, 1/3 C	12g
Millet	17	Psyllium, 1 tsp	2.5g
Oats	16.5		
Quinoa	10		
Sorghum	12		
Teff*	11		
Wild rice	9.9		

All data, unless otherwise noted, obtained from USDA National Nutrient Database for Standard Reference at <http://www.nal.usda.gov/fnic/foodcomp/search/>

\*Data obtained from Gluten-Free Diet: A Comprehensive Resource Guide by Shelley Case

### Quick List - Top Fiber GF Foods

1. Dried beans, peas, and other legumes  
This includes baked beans, kidney beans, split peas, dried limas, garbanzos, pinto beans and black beans.  
#2 – WAS “Bran” – which is *NOT GF!*
3. Fresh or frozen lima beans, both Fordhook and baby limas
4. Fresh or frozen green peas
5. Dried fruit, topped by figs, apricots and dates
6. Raspberries, blackberries and strawberries
7. Sweet corn, whether on the cob or cut off in kernels
8. Whole grain GF cereal products.  
Oats, buckwheat and stone-ground cornmeal are all high in fiber. Bread, pastas, pizzas, pancakes and muffins made with *whole-grain* GF flours.
9. Broccoli-very high in fiber!
10. Baked potato with the skin  
(The skin when crisp is the best part for fiber.)  
Mashed and boiled potatoes are good, too-but not french fries, which contain a high percentage of fat.
11. Green snap beans, pole beans, and broad beans  
(These are packaged frozen as Italian beans, in Europe they are known as haricot or french beans.)
12. Plums, pears, and apples  
The skin is edible, and are all high in pectin.
13. Raisins and prunes  
Not as high on the list as other dried fruits (see #5) but very valuable.
14. Greens  
Including spinach, beet greens, kale, collards, swiss chard and turnip greens.
15. Nuts  
Especially almonds, Brazil nuts, peanuts, and walnuts (Consume these sparingly, because of their high fat content.).
16. Cherries
17. Bananas
18. Carrots
19. Coconut  
(dried or fresh-but both are high in fat content).
20. Brussels sprouts