

EXAMPLES OF FOODS WITH FIBER AND THE AMOUNTS OF FIBER THEY CONTAIN

| FOOD | GRAMS FIBER | FOOD | GRAMS FIBER |
|--|-------------|-------------------------------------|-------------|
| Almonds, dried (1 cup) | 14.7 | Mung beans, cooked (1/2 cup) | 7.7 |
| Apricots, sundried (1.4 oz.) | 6 | Oatmeal cereal (1 cup cooked) | 3 |
| Baked beans (1/2 cup) | 8 | Orange | 3.5 |
| Bran flakes cereal (3/4 cup) | 5 | Papaya, dried (2 slices) | 6 |
| Bran muffin | 3 | Parsnip, boiled (1 medium) | 6.4 |
| Brown or wild (white rice has 0 g fiber) | 2 | Pasta, whole wheat (2 oz. uncooked) | 6 |
| Apple | 4 | Peach | 1.7 |
| Banana | 2.7 | Peas (1/2 cup) | 4 |
| Beets, raw (2 medium) | 4.6 | Pepper, sweet (1 raw) | 1 |
| Black beans (1/2 cup) | 6 | Pita bread, whole wheat | 7.4 |
| Black-eyed peas (1/2 cup) | 4 | Raisins (1/4 cup) | 2 |
| Broccoli (1/2 cup) | 1.3 | Rye flour (1 cup) | 24.7 |
| Carrot (1) | 2 | Salad, mixed | 5 |
| Chickpeas (1.4 cup) | 6 | Salsa (2 tbsp.) | 1 |
| Corn (1/2 cup) | 3 | Soybeans, dry roasted (1/2 cup) | 7 |
| Cucumber (1 medium) | 2.4 | Spinach, boiled (1/2 cup) | 2.2 |
| Dates, dried (5-6 pieces) | 3 | Spinach salad (3.5 oz.) | 3 |
| Eggplant (1/2 cup) | 1 | Split pea soup (1 cup) | 10 |
| Figs, dried (16.6 oz.) | 17.4 | Strawberries, fresh (1 pint) | 7.4 |
| Kale (1/2 cup cooked) | 2 | Tahini (2 tbsp.) | 2.5 |
| Kidney beans (1/2 cup) | 7 | Tofu (1/2 cup firm) | 2.9 |
| Lentils (1/4 cup cooked) | 9 | Tomato (1 raw) | 1.4 |
| Lentil & vegetable soup (1 cup) | 14 | Veggie burger (without bun) | 4 |
| Lima beans, boiled | 7 | Walnuts (1/4 cup) | 3 |
| Mango, fresh | 3.7 | Whole wheat bread (2 slices) | 4 |

Source: SDA Food Sources of Dietary Fiber - <https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/appendix-13/#table-a13-1>