



Did you know there are 2 forms of fiber?

Insoluble fiber is found in grains and cereals. This is what adds bulk to the stool and can result in bloating or pain.

Soluble fiber is found in fruits and vegetables. This is what keeps stools soft.

Eat more fruits and vegetables!!!

Foods and Their Fiber Content

Fruits	Serving size	Total fiber (grams)
Raspberries	1 cup	8.0
Pear, with skin	1 medium	5.5
Apple, with skin	1 medium	4.4
Banana	1 medium	3.1
Orange	1 medium	3.1
Strawberries (halves)	1 cup	3.0
Figs, dried	2 medium	1.6
Raisins	1 ounce (60 raisins)	1.0
Grains, cereal & pasta	Serving size	Total fiber (grams)
Spaghetti, whole-wheat, cooked	1 cup	6.3
Barley, pearled, cooked	1 cup	6.0
Bran flakes	3/4 cup	5.3
Oat bran muffin	1 medium	5.2
Oatmeal, instant, cooked	1 cup	4.0
Popcorn, air-popped	3 cups	3.5
Brown rice, cooked	1 cup	3.5
Bread, rye	1 slice	1.9
Bread, whole-wheat or multigrain	1 slice	1.9

Legumes, nuts and seeds	Serving size	Total fiber (grams)
Split peas, cooked	1 cup	16.3
Lentils, cooked	1 cup	15.6
Black beans, cooked	1 cup	15.0
Lima beans, cooked	1 cup	13.2
Baked beans, cooked	1 cup	10.4
Sunflower seeds	1/4 cup	3.9
Almonds	1 oz (23 nuts)	3.5
Pistachio nuts	1 oz (49 nuts)	2.9
Pecans	1 oz (19 halves)	2.7
Vegetables	Serving size	Total fiber (grams)*
Artichoke, cooked	1 medium	10.3
Sweet corn, cooked	1 cup	4.0
Potato, with skin, baked	1 small	3.0
Tomato paste	1/4 cup	2.7
Carrot, raw	1 medium	1.7
Green peas, cooked	1 cup	8.8
Broccoli, boiled	1 cup	5.1
Turnip greens, boiled	1 cup	5.0
Brussels sprouts, cooked	1 cup	4.1