

FIBER SOURCES

Unless otherwise indicated by being printed in *italics*, these data are taken from Nutritive Value of Foods, Susan E. Gebhardt and Robin G. Thomas. Home and Garden Bulletin Number 72, U.S. Dept. of Agriculture, Agricultural Research Service, Nutrient Data Laboratory, Beltsville, Maryland, 2002.

Certain foods have been omitted because they aren't recommended, for example soybeans and corn (because of GMO contamination), wheat and other gluten grains (problematic for most people), and white potatoes (high glycemic and relatively empty calories).

Other foods, like garlic, radishes and dill were not included because we generally don't consume appreciable amounts of them.

Other foods have not been included because no data were available for them. Sometimes data were available for a vegetable only in its cooked form but not its raw form.

NOTES: Although cooking reduces the fiber content of foods somewhat, and juicing removes most fiber, pureeing in a VitaMix preserves fiber.

Arranged by Most-to-Least Fiber Content

NUTS AND SEEDS – shelled, per ounce

	Calories	Protein Grams	Fiber Grams
Almonds (24 nuts)	164	6	3.3
Sesame Seeds (3-1/2 tablespoons)	165	7	3.15
Pistachio Nuts	161	6	2.9
Hazelnuts (Filberts)	178	4	2.7
Pecans (20 halves)	196	3	2.7
Sunflower Seeds	159	5	2.6
Tahini (a little less than 2 T)	166	5.6	2.6
Macadamia (10-12 nuts)	203	2	2.3
Walnuts (English, 14 halves)	185	4	1.9
Brazil nuts (6-8 nuts)	186	4	1.5
Chestnuts (shelled and roasted)	68.5	.98	1.4
Pine Nuts	160	7	1.3
Pumpkin Seeds	148	9	1.1
Cashews	163	4	.9

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NON-GLUTEN GRAINS – 1 cup cooked

	Calories	Protein Grams	Fiber Grams
<i>Teff</i>	236	9	5
Buckwheat Groats	155	6	4.5
Brown Rice	216	5	3.5
<i>Millet</i>	285	8.4	3.12
Wild Rice	166	7	3
<i>Amaranth</i>	251	9	5
<i>Quinoa</i>	159	5.5	5
<i>Whole Oats</i>	147	6	4

BEANS AND LEGUMES – 1 cup cooked

	Calories	Protein Grams	Fiber Grams
Split Peas	231	16	16.3
Lentils	230	18	15.6
Black Beans	227	15	15
Pinto Beans	234	14	14.7
Lima Beans (large)	216	15	13.2
Kidney Beans, Red	225	15	13.1
Chickpeas (Garbanzos)	269	15	12.5
Great Northern	209	15	12.4
Pea Beans (Navy Beans)	258	16	11.6
Black-eyed Peas	200	13	11.2
Lima Beans (baby limas)	189	12	10.8
Lima Beans (Ford hooks)	170	10	9.9
Peas	67	5	4.5

STARCHY VEGETABLES

	Calories	Protein Grams	Fiber Grams
Sweet Potato, baked with skin, 8 oz.	230	4.6	6.75
Parsnips, 1 cup cooked	126	2	6.2
Winter Squash, all varieties, baked, cubed, 1 cup	80	2	5.7
Rutabagas, 1 cup cubes	66	2	3.1
Turnips, cubes	33	1	3.1
Pumpkin, 1 cup cooked, mashed	49	2	2.7
Jerusalem Artichoke, raw, 1 cup	114	3	2.5

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NON-STARCHY VEGETABLES – per cup, raw

	Calories	Protein Grams	Fiber Grams
Carrots, grated	47	1	3.3
Peppers, Green or Red, chopped	40	1	3.0
Onions, chopped	61	2	2.9
Onions, green, top and bulb, chopped	32	2	2.6
Broccoli, chopped	25	3	2.6
Cauliflower	25	2	2.5
Squash, Summer, all varieties, sliced	23	1	2.1
Tomatoes, chopped or sliced	38	2	2.0
Celery, pieces	19	1	2.0
Mung Bean Sprouts	31	3	1.9
Cabbage, shredded	18	1	1.6
Endive, small pieces	9	1	1.6
Lettuce, looseleaf or Romaine, chopped	9	1	1.0
Spinach, chopped	7	1	.8
Alfalfa Sprouts	10	1	.8
Cucumber, peeled and sliced	14	1	.8
Mushrooms, pieces or slices	18	2	.08

NON-STARCHY VEGETABLES – per cup, cooked and drained

	Calories	Protein Grams	Fiber Grams
Artichokes, globe or French	84	6	9.1
Collards	49	4	5.3
Carrots, sliced	70	2	5.1
Broccoli, chopped	44	5	4.5
Spinach	41	5	4.3
Beet Greens, leaves and stems	39	4	4.2
Brussels sprouts	61	4	4.1
Okra, sliced	51	3	4.0
Beans, Green or Yellow	44	2	4.0
Beets (root only), slices	75	3	3.4
Bok Choy	20	3	2.7
Cabbage, shredded	33	2	3.5
Mushrooms, pieces	42	3	3.4
Cauliflower, pieces	29	2	3.3
Celery, pieces	27	1	2.4
Dandelion Greens	35	2	3.0
Asparagus, green	43	5	2.9
Onions, whole or sliced	92	3	2.9
Mustard Greens	21	3	2.8
Kale, chopped	48	2	2.6

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NON-STARCHY VEGETABLES – per cup, cooked and drained, cont.

	Calories	Protein Grams	Fiber Grams
Tomatoes, stewed	71	2	2.6
Squash, Summer, all varieties, sliced	36	2	2.5
Eggplant	28	1	2.5

FRUITS – raw, alphabetical

	Calories	Fiber Grams
Apples, peeled, diced, about 5 oz.	63	2.1
Apples, unpeeled, 2-3/4" diameter	81	3.7
Apricots, raw, without pits, about 1-1/3oz.	35	0.8
Apricots, dried, sulfured, 10 halves	83	3.2
Asian Pears, 4-1/2 oz	51	4.4
Asian Pears, 10 oz.	116	9.9
Avocados, California, 1 oz	50	1.4
Avocados, Florida, 1 oz	32	1.5
Bananas, whole, about 4 oz.	100	2.8
Blackberries, 1 cup	75	7.6
Blueberries, 1 cup	81	3.9
Blueberries, sweetened, frozen, thawed, 1 cp	186	4.8
Cherries, without pits or stems, 10 cherries	49	1.6
Cranberries, dried, sweetened, 1/4 cup	92	2.5
Dates, without pits, 5 dates	116	0.6
Figs, dried, 1 fig	50	4.6
Grapefruit, red or white, without peel, membrane, seeds	38	1.3
Grapes, seedless, 10 grapes	36	0.5
Grapes, seedless, 1 cup	114	1.6
Kiwis, without skin, 1 medium, about 3 oz.	46	2.6
Mangos, without skin or seed, about 7-1/2 oz	135	3.7
Melon (Cantaloupe or Honeydew), without rind and cavity contents, about 5-3/4 oz	56	1.0
Nectarines, 2-1/2"diameter, about 4-3/4 oz.	67	2.2

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FRUITS – raw, alphabetical (cont.)

	Calories	Fiber Grams
Oranges, without peel or seeds, about 4-3/4 oz.	62	3.1
Papayas, without skin and seeds, about 7 oz.	119	5.5
Peaches, without pit, 2-1/2" diameter, about 3-1/2 oz	42	2.0
Pears, with skin, cored, about 6 oz.	98	4.0
Pineapple, diced, 1 cup, about 5-1/2 oz.	76	1.9
Plums, 2-1/8" diameter, without pit, about 2-1/2 oz.	36	1.0
Prunes, dried, pitted, uncooked, 5 prunes	100	3.0
Raisins, seedless, 1 cup, not packed	435	5.8
Raspberries, 1 cup	60	8.4
Raspberries, frozen, thawed, sweetened, 1 cup	258	11.0
Strawberries, sliced, 1 cup (about 6 oz)	50	3.8
Strawberries, sweetened, sliced, frozen, thawed, 1 cup	245	4.8
Tangerines, 1 without peel or seeds, about 3 oz	37	1.9
Watermelon, diced, 1 cup, about 5-1/2 oz	50	0.8

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