

## 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 by Beyond Health, for example soybeans and corn (for concerns about GMOs), 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 or they contain no or almost no fiber. Sometimes data were available for a vegetable only in its cooked form but not its raw form.

Although cooking reduces the fiber content of foods somewhat, and juicing removes fiber, fiber is not appreciably affected by pureeing in a VitaMix.

### NUTS AND SEEDS – shelled, per ounce

	<u>Calories</u>	<u>Protein Grams</u>	<u>Fiber Grams</u>
Almonds (24 nuts)	164	6	3.3
Brazil nuts (6-8 nuts)	186	4	1.5
Cashews	163	4	0.9
Chestnuts (shelled and roasted)	68.5	0.98	1.4
Flax Seed (3 tablespoons)	165	6	9.0
Hazelnuts (Filberts)	178	4	2.7
Macadamia (10-12 nuts)	203	2	2.3
Pine Nuts	160	7	1.3
Pistachio Nuts	161	6	2.9
Pumpkin Seeds	148	9	1.1
Sesame Seeds (3-1/2 tablespoons)	165	7	3.15
Sunflower Seeds	159	5	2.6
Tahini (a little less than 2 T)	166	5.6	2.6
Walnuts (English, 14 halves)	185	4	1.9

### NON-GLUTEN GRAINS – 1 cup cooked

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

## BEANS AND LEGUMES – 1 cup cooked

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

## STARCHY VEGETABLES

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

## NON-STARCHY VEGETABLES – per cup, raw

	<u>Calories</u>	<u>Protein Grams</u>	<u>Fiber Grams</u>
Alfalfa Sprouts	10	1	0.8
Broccoli, chopped	25	3	2.6
Cabbage, shredded	18	1	1.6
Carrots, grated	47	1	3.3
Cauliflower	25	2	2.5
Celery, pieces	19	1	2.0
Cucumber, peeled and sliced	14	1	0.8
Endive, small pieces	9	1	1.6
Lettuce, loose-leaf or Romaine, chopped	9	1	1.0
Mung Bean Sprouts	31	3	1.9
Mushrooms, pieces or slices	18	2	0.08
Onions, chopped	61	2	2.9
Onions, green, top and bulb, chopped	32	2	2.6
Peppers, Green or Red, chopped	40	1	3.0
Spinach, chopped	7	1	0.8
Squash, Summer, all varieties, sliced	23	1	2.1
Tomatoes, chopped or sliced	38	2	2.0

## NON-STARCHY VEGETABLES – per cup, cooked and drained

	<u>Calories</u>	<u>Protein Grams</u>	<u>Fiber Grams</u>
Artichokes, globe or French	84	6	9.1
Asparagus, green	43	5	2.9
Beans, Green or Yellow	44	2	4.0
Beets (root only), slices	75	3	3.4
Beet Greens, leaves and stems	39	4	4.2
Bok Choy	20	3	2.7
Broccoli, chopped	44	5	4.5
Brussels sprouts	61	4	4.1
Cabbage, shredded	33	2	3.5
Carrots, sliced	70	2	5.1
Cauliflower, pieces	29	2	3.3
Celery, pieces	27	1	2.4
Collards	49	4	5.3
Dandelion Greens	35	2	3.0
Eggplant	28	1	2.5
Kale, chopped	48	2	2.6
Kohlrabi, sliced	48	3	1.8
Leeks, chopped or diced	32	1	1.0
Mushrooms, pieces	42	3	3.4
Mustard Greens	21	3	2.8
Okra, sliced	51	3	4.0
Onions, whole or sliced	92	3	2.9
Peppers, Red or Green	38	1	1.6
Spinach	41	5	4.3
Squash, Summer, all varieties, sliced	36	2	2.5
Tomatoes, stewed	71	2	2.6

## FRUITS – raw

	<u>Calories</u>	<u>Fiber Grams</u>
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, ¼ 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
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