

## FIBER IN FOODS

Food	Serving	Fiber(g)
<b>Legumes</b>		
Navy beans, cooked from dried	1 cup	19.1
Split peas, cooked from dried	1 cup	16.3
Lentils, cooked from dried	1 cup	15.6
Kidney beans, canned	1 cup	13.6
Refried beans, canned	1 cup	12.1
<b>Cereals and grains</b>		
100% (wheat) bran cereal	1/2 cup	12.5
Bulgur, cooked	1 cup	8.2
Pearled barley, cooked	1 cup	6.0
Oat bran, cooked	1 cup	5.7
Quinoa, cooked	1 cup	5.2
Instant oatmeal, cooked	1 cup	4.0
Rice, long-grained brown, cooked	1 cup	3.5
<b>Vegetables</b>		
Artichoke hearts, cooked	1 cup	14.4
Spinach, frozen, cooked	1 cup	7.0
Brussel sprouts, frozen, cooked	1 cup	6.4
Winter squash, cooked	1 cup	5.7
Mushrooms, cooked from fresh	1 cup	3.4
<b>Fruits</b>		
Prunes, uncooked	1 cup, pitted	12.4
Asian pear	1 pear	9.9
Guava, fresh	1 cup	8.9
Raspberries, fresh	1 cup	8.0
Blackberries, fresh	1 cup	7.6
<b>Nuts and Seeds</b>		
Almonds	1 ounce (23 kernels)	3.5
Flaxseed	1 tablespoon	2.8
Pistachio nuts	1 ounce (49 kernels)	2.9
Pecans	1 ounce (19 halves)	2.7
Peanuts	1 ounce (33 kernels)	2.4

Source: Linus Pauling Institute