

Fiber Content of Select Foods

Obtaining adequate fiber is a key element in controlling diverticulosis. The list below provides you with a variety of food types and their fiber content. Remember, meats and dairies do not contain fiber.

Grains: Cereals, Ready-to-eat or Cooked	Portion	Dietary Fiber
Rice Krispies	3/4 Cup	0.04
Cornflakes	3/4 Cup	0.2
Farina	1/2 Cup	0.4
Cornmeal, degermed	1/2 Cup	0.5
Wheat germ, raw	1/2 Cup	0.5
Cheerios	3/4 Cup	0.7
Wheat germ, toasted	1/2 Cup	0.8
Puffed wheat	1 1/2 Cup	1.4
Oatmeal, cooked	1/2 Cup	1.5
Wheaties	3/4 Cup	1.5
Rice bran	1/2 oz	1.6
Whole grain wheat	1/2 Cup	1.6
Shredded wheat	1/2 Cup	2.2
Cornmeal, whole grain	2 tbsp	2.3
Rolled wheat	1/2 Cup	2.6
Bulgur wheat	1/2 Cup	3.5
Oat bran	1/2 oz	3.9
40% bran flakes	3/4 Cup	5.0
Wheat bran	1/2 oz	5.6
Corn bran	1/2 oz	9.3
All Bran	1/2 Cup	11.8
100% Bran	1/2 Cup	12.2

Grains: Pasta and Rice, Cooked	Portion	Dietary Fiber
Macaroni	1/2 Cup	0.5
Spaghetti	1/2 Cup	0.6
Egg Noodles	1/2 Cup	0.8
Rice, white	1/2 Cup	0.8
Rice, brown	1/2 Cup	2.1

Grains: Breads, Crackers, and Popcorn	Portion	Dietary Fiber
Bagel, plain	1 whole	0.5
French bread	1 slice	0.5
Taco shell	1 shell	0.7
White bread	1 slice	0.7
Saltine crackers	6 squares	0.7
Raisin bread	1 slice	0.8
Muffin, plain	1 whole	1.1
Rye bread, light	1 slice	1.1
Whole wheat crackers	1 oz	1.0 - 1.4
Cornmeal muffin	1 whole	1.4
Popcorn, popped	1 cup	1.5
Rye bread, dark	1 slice	1.7
Cracked wheat bread	1 slice	1.7
Bran muffin	1 whole	1.8
Mixed grain bread	1 slice	1.9
Graham crackers	2 squares	2.8
Whole wheat bread	1 slice	3.2

Fruit and Fruit Juices	Portion	Dietary Fiber
LOW IN FIBER		
Peach nectar	1/2 Cup	0.2
Pineapple juice	1/2 Cup	0.4
Apple Juice	1/2 Cup	0.4
Apricot nectar	1/2 Cup	0.4
Orange juice	1/2 Cup	0.5
Tangerine juice	1/2 Cup	0.5
Grapefruit juice	1/2 Cup	0.5
Grape juice	1/2 Cup	0.6
Pear nectar	1/2 Cup	0.8
Papaya nectar	1/2 Cup	0.8
Cantaloupe	1/2 Cup	0.8

MODERATE IN FIBER

Papaya	1/3 medium	1.2
Pineapple, canned	1/2 cup	1.2
Kiwi fruit	1 medium	1.2
Cherries, sweet or sour, fresh	10 cherries	1.2
Cherries, sour, canned	1/2 cup	1.3
Apricots, canned	3 halves	1.4
Pineapple, fresh	1/2 cup	1.4
Fruit cocktail	1/2 cup	1.4
Prune juice	1/2 cup	1.5
Apricots, raw	2 medium	1.5
Grapefruit, canned	1/2 cup	1.5
Grapefruit, fresh	1/2 medium	1.5
Rhubarb, cooked, unsweetened	1/2 cup	1.5
Avocado	1/4 cup	1.6
Dates, dry	2 medium	1.6
Grapes	1/2 cup	1.6
Mandarin Oranges	1/2 cup	1.6
Strawberries, fresh	1/2 cup	1.7
Tangerine, raw	1 small	1.7
Nectarine, raw	1 small	1.7
Plums, canned, syrup pack	3	1.8
Mango	1/2 cup	1.9
Fig, fresh	1 medium	1.9
Cherries, sweet, canned	1/2 cup	1.9
Peaches, raw	1 medium	2.0
Cranberries, raw	1/2 cup	2.0
Cranberry sauce	1/4 cup	2.0
Plums, canned, juice pack	3	2.1
Watermelon, diced	1 cup	2.1
Applesauce	1/2 cup	2.3
Currants, zante, dried	1/4 cup	2.4
Apple, cooked	1/2 cup	2.4
Gooseberries, raw	1/2 cup	2.4
Blueberries, raw	1/2 cup	2.5
Pear, canned	1/2 cup	2.5

Rhubarb, cooked, sweetened	1/2 cup	2.6
Figs, canned	3 medium	2.6
Plum, fresh	1	2.6
Raisins, seedless	1/4 cup	2.8
Passion fruit, raw	1	2.9
Gooseberries, canned	1/2 cup	3.0

HIGH IN FIBER

Apple, peeled	1 average	3.4
Strawberries	1 cup	3.4
Orange, raw	1 average	3.5
Banana	1 medium	3.6
Peaches, canned	2 halves	3.7
Fig, dried	1 medium	3.7
Currants, white, raw	1/2 cup	3.8
Blackberries, frozen	1/2 cup	3.9
Prunes, dried	3	4.1
Apple, raw, whole	1 medium	4.3
Raspberries, red, raw	1/2 cup	4.5
Loganberries	1/2 cup	4.6
Currants, red, raw	1/2 cup	4.6
Pear, fresh	1 medium	4.7
Currants, black, raw	1/2 cup	4.9
Boysenberries, canned	1/2 cup	5.3
Blackberries, raw	1/2 cup	5.3
Guava	1 medium	5.3
Lemons	1 medium	5.6
Prunes, canned	1/3 cup	5.7
Raspberries, canned	1/2 cup	6.1
Blackberries, canned	1/2 cup	6.5

Vegetables and Vegetable Juices	Portion	Dietary Fiber
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LOW IN FIBER

Cucumber, raw, pared	1/2 cup	0.3
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Tomato juice, canned	1/2 cup	0.3
Vegetable juice, canned	1/2 cup	0.4
Cucumber, raw, unpared	1/2 cup	0.5
Alfalfa sprouts	1/2 cup	0.5
Watercress, chopped	1/2 cup	0.6
Radishes, red	5 medium	0.6
Lettuce, shredded	3/4 cup	0.6
Pickle, dill	1 medium	0.7
Bean sprouts, raw	1/2 cup	0.8
Spinach, chopped, raw	1/2 cup	0.8
Mushrooms, sliced, raw	1/2 cup	0.9
Potato, mashed	1/2 cup	1.0
Peppers, green or red, sweet	1/2 cup	1.0
Asparagus, raw	1/2 cup	1.0
Cauliflower, raw	1/2 cup	1.0
Green pepper, cooked	1/2 cup	1.0
Green beans, canned, drained	1/2 cup	1.1
Turnip greens, raw	1/2 cup	1.1
Summer squash, raw	1/2 cup	1.2
Celery, raw, chopped	1/2 cup	1.2
Cabbage, red, raw	1/2 cup	1.2
Bean sprouts, canned	1/2 cup	1.3
Soybeans	1/2 cup	1.4
Water chestnuts	1/2 cup	1.4
Onions, cooked	1/2 cup	1.4
Summer squash, cooked	1/2 cup	1.4
Tomato, raw	1/2 cup	1.5
Cauliflower, fresh cooked	1/2 cup	1.6
Asparagus, cooked	1/2 cup	1.6
Potato, french fried	10 pieces	1.6
Broccoli, raw	1/2 cup	1.6
Carrots, grated	1/2 cup	1.6
Turnip, cooked	1/2 cup	1.7
Olives	10 large	1.7
Cabbage, cooked	1/2 cup	1.8
Rutabaga, cooked	1/2 cup	1.8
Green beans, frozen cooked	1/2 cup	1.9

MODERATE IN FIBER

Sauerkraut, canned	1/2 cup	2.2
Peas, edible pod, raw	1/2 cup	2.2
Parsnips, cooked slices	1/2 cup	2.2
Cabbage, raw	1/2 cup	2.2
Beets, canned	1/2 cup	2.2
Cauliflower, frozen cooked	1/2 cup	2.3
Spinach, fresh cooked	1/2 cup	2.3
Carrot, raw	1 medium	2.4
Pumpkin, canned	1/2 cup	2.4
Tomatoes, canned	1/2 cup	2.5
Beans, green, raw	1/2 cup	2.5
Broccoli, fresh cooked	1/2 cup	2.5
Mixed vegetables, frozen cooked	1/2 cup	2.5
Okra, cooked	1/2 cup	2.6
Carrots, fresh cooked	1/2 cup	2.6
Carrots, canned	1/2 cup	2.7
Potato chips	14 chips	2.7
Turnip greens, cooked	1/2 cup	2.8
Green beans, fresh cooked	1/2 cup	2.8
Sweet potato, bakes, mashed	1/2 cup	2.8
Yam, white, cooked cubes	1/2 cup	2.8
Brussels sprouts	1/2 cup	2.8
Eggplant, cooked	1/2 cup	3.0
Broccoli, frozen cooked	1/2 cup	3.0
Sweet potato, baked, peeled	1 medium	3.0
Mushrooms, canned	1/2 cup	3.0
Sweet potato, canned	1/2 cup	3.1
Peas, edible pod, cooked	1/2 cup	3.2
Corn-on-the-cob	1 small ear	3.3
Squash, winter, boiled or mashed	1/2 cup	3.4
Sweet potato, boiled, peeled, mashed	1/2 cup	3.4
Lentils, cooked	1/2 cup	3.5
Parsnips, raw slices	1/2 cup	3.5
Peas, black-eyed, fresh cooked	1/2 cup	3.6
Peas, raw	1/2 cup	3.8

Potato, baked, no skin	1 medium	3.9
Corn, frozen cooked	1/2 cup	3.9

HIGH IN FIBER

Peas, fresh or frozen cooked	1/2 cup	4.2
Butter beans	1/2 cup	4.4
Lima beans, cooked	1/2 cup	4.4
Potato, baked with skin	1 medium	4.4
Squash, winter, baked	1/2 cup	4.6
Garbanzo beans, cooked	1/2 cup	4.8
Spinach, frozen cooked	1/2 cup	5.0
Spinach, canned	1/2 cup	5.3
Peas, canned, drained	1/2 cup	6.0
Peas, black-eyed, dry cooked	1/2 cup	6.1
Great northern beans, cooked	1/2 cup	6.2
Artichoke, whole, cooked	1/2 globe	6.3
Corn, canned, creamed	1/2 cup	7.3
Broad beans, cooked	1/2 cup	9.3
Black beans, cooked	1/2 cup	9.7
Kidney beans, cooked	1/2 cup	9.7
Pinto beans, cooked	1/2 cup	10.0