

## Fiber Chart

### FRUITS

	Grams
Apple (1 medium)	3.3
Apricot (3 medium)	2.4
Banana (1 medium)	3.0
Blackberries (1/2 cup)	3.8
Blueberries (1/2 cup)	1.8
Blueberries, frozen (1/2 cup)	2.1
Cherries (20, raw)	3.0
Dates (1/2 cup)	7.1
Grapes (1 cup)	1.0
Grapefruit (1/2)	1.8
Melon (1 cup cubed)	1.4
Orange (1 medium)	3.1
Peach (1 medium)	1.5
Pear (1 medium)	5.1
Pineapple (1 cup diced)	2.2
Plum (2 medium)	2.0
Prunes (2)	2.0
Raspberries (1/2 cup, raw)	4.0
Strawberries (1/2 cup, raw)	1.7

### VEGETABLES

	Grams
Artichoke (1 medium whole)	6.5
Artichoke (hearts, 1/2 cup)	4.5
Asparagus (1/2 cup/ 6 spears)	1.7
Avocado (1/2, medium)	6.5
Beets (1 cup)	3.5
Broccoli (1 cup, chopped)	2.3
Brussels sprouts (1 cup)	3.3
Cabbage (1 cup shredded)	2.0
Carrots (1 cup)	3.6
Cauliflower (1 cup)	2.5
Celery (1 cup, chopped)	1.6
Eggplant (1 cup, raw)	2.8
Green beans (1 cup)	3.7
Lettuce (1 cup chopped)	1.0
Mixed vegetable (1 cup frozen)	4.0
Okra (1 cup, cooked)	4.0
Onions (1/2 cup, chopped)	1.5
Peas (1 cup)	7.4
Peppers (1/2 cup, chopped)	1.3
Pumpkin (1/2 cup)	3.8
Spinach (1 cup, raw)	0.7
Spinach (1 cup, cooked)	4.3
Squash (1 cup, cooked)	2.5
Sweet potato (1 med, no skin)	4.0
Sweet potato (1 med, with skin)	6.0
Tomato (1 medium, raw)	1.5

### BEANS (LEGUMES) Cooked Grams

Baked beans (1 cup)	10.4
Broad beans (1 cup)	17.0
Black beans (1 cup)	15.0
Kidney beans (1 cup)	16.5
Lentils (1 cup)	15.6
Lima beans (1 cup)	13.2
Navy beans (1 cup)	19.1
Pinto beans (1 cup)	15.4
Refried beans (1 cup)	10.0
Soy beans, green (1 cup, boiled)	7.6
Soybeans, dry roasted (1 cup)	13.9
Tofu (1/2 block)	0.3 to 0.5

### NUTS & SEEDS

	Grams
Almonds (1 oz =22 kernels)	3.3
Almond butter (1 Tbsp)	0.7
Brazil (1 oz = 7 kernels)	2.1
Cashews (1 oz)	0.9
Chia seeds (1 Tbsp)	2.5
Filberts, hazelnuts (1 oz)	2.7
Flax seeds (1 Tbsp)	2.5
Macadamia (1-oz=11 kernels)	2.3
Mixed Nuts (1 oz)	2.5
Peanuts (1 oz = 28)	2.2
Peanut butter (1 Tbsp)	2.6
Pecans (1 oz)	2.7
Pistachio (1 oz)	3.0
Sunflower seeds	2.6
Walnuts (1oz)	1.9

### MISC

	Grams
Salsa (2 Tbsp)	0.5
Hummus (2 Tbsp)	2.0
Dark chocolate (70%, 40 gm)	4.0