

Central Texas Colon and Rectal Surgeons

Fiber Graph

DIETARY FIBER IN FOODS

MEAT, MILK, EGGS	AMOUNT	WEIGHT	FIBER (grams)	LEAF VEGETABLES	AMOUNT	WEIGHT	FIBER (grams)
Beef	1 oz.	28	0	Broccoli	½ cup	93	3.5
Cheese	¾ oz.	21	0	Brussels sprouts	½ cup	78	2.3
Chicken/Turkey	1oz.	28	0	Cabbage	½ cup	85	2.1
Cold cuts, frankfurters	1 oz.	28	0	Cauliflower	½ cup	90	1.6
Eggs	3 large	99	0	Celery	½ cup	60	1.1
Fish	2 oz.	56	0	Lettuce	1 cup	55	0.8
Ice cream	1 oz.	28	0	Spinach, raw	1 cup	55	0.2
Milk	1 cup	240	0	Turnip, greens	½ cup	93	3.5
Pork	1 oz.	28	0	OTHER VEGETABLES			
Yogurt	5 oz.	140	0	Beans, green	½ cup	64	2.1
ROOT VEGETABLES				Beans, string	½ cup	55	1.9
Beets	½ cup	85	2.1	Cucumber	½ cup	70	1.1
Carrots	½ cup	78	2.4	Eggplant	½ cup	100	2.5
Potatoes, baked	½ medium	75	1.9	Lentils, cooked	½ cup	100	3.7
Radishes	½ cup	58	1.3	Mushrooms	½ cup	35	0.9
Sweet potatoes, baked	½ medium	75	2.1	Onions	½ cup	58	1.2
				Tomatoes	1 small	100	1.5
FRUIT				Winter squash	½ cup	120	3.5
Apple	½ large	83	2.0	Zucchini squash	½ cup	65	2.0
Apricot	2	72	1.4				
Banana	½ medium	54	1.5	CEREALS			
Blackberries	¾ cup	108	6.7	All Bran, 100%	1/3 cup	28	8.4
Cantaloupe	1 cup	160	1.6	Bran Chex	½ cup	21	4.1
Cherries	10 large	68	1.1	Corn Bran	½ cup	21	4.4
Dates, dried	2	18	1.6	Corn Flakes	¾ cup	21	2.6
Figs, dried	1 medium	20	3.7	Grape nuts Flakes	2/3 cup	21	2.5
Grapes, white	10	50	0.5	Grape nuts	3 Tbsp.	21	2.7
Grapefruit	½	87	0.8	Oatmeal	¾ pkg.	21	2.5
Honeydew Melon	1 cup	170	1.5	Shredded Wheat	1 biscuit	21	2.8

Orange	1 small	78	1.6	Wheaties	¾ cup	21	2.6
Peach	1 medium	100	2.3	BREAD & CRACKERS			
Pear	½ medium	82	2.0	Graham crackers	2 squares	14.2	1.4
Pineapple	½	78	0.8	Pumpernickel bread	¾ slice	24	1.4
Plum	3 small	85	1.8	Rye bread	1 slice	25	0.8
Prunes, dried	2	15	2.4	Whole-wheat bread	1 slice	25	1.3
Raisins	1 ½ tsbs.	14	1.0	Whole-wheat cracker	6 crackers	19.8	2.2
Strawberries	1 cup	343	3.1	Whole-wheat roll	¾ roll	21	1.25
Tangerine	1 large	101	2.0	RICE			
Watermelon	1 cup	160	1.4	Rice, brown (cooked)	1/3 cup	65	1.6
				Rice, white (cooked)	1/3 cup	68	0.5