

Fiber Guide



Are You Eating
Enough to
Lose Weight?

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Most Americans need to eat 3-4 times more natural, fiber-rich foods than they now eat if they want to enjoy a full plate and still lose weight.

So where do you find foods rich in fiber? And can all fiber-rich foods help you lose weight?

The *Full Plate Fiber Guide* features over 500 foods and beverages and shows you the fiber grams and even calories per serving. It also highlights “Full Plate Superfoods” in blue. These are the foods you can fill your plate with and still lose weight.

Full Plate Weight Loss Program

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Full Plate
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Are You
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Weight?

How to Use the Full Plate Fiber Guide

More than 500 Foods and Beverages

Your *Full Plate Fiber Guide* lists the grams of fiber and calories in a serving of more than 500 different foods and beverages. It's not a comprehensive list, but it's certainly enough to get you started.

Where Did We Get The Numbers?

The numbers are taken from the USDA National Nutrient Database for Standard Reference, Release # 2.

www.ars.usda.gov/ba/bhnrc/ndl



No Decimals

We felt it would be easier for you to work with the fiber grams and calories if they didn't have decimals, so we rounded to the nearest whole number.

Remember the Serving Sizes

The fiber and calories are for a specific serving size of each food, so if you eat more or less than that specified amount, the values will change. For example, one medium apple has 4 grams of fiber



and 95 calories; if you eat two, you've eaten 8 grams of fiber and 180 calories.

Foods Highlighted in Blue

You'll notice that some foods are highlighted in blue. These are natural fiber foods.

Fiber foods help you lose weight because:

1. They naturally contain fiber, which means the fiber has not been artificially added or taken away
2. They contain 60% or more water in their edible form
3. They don't have added fat or sugar

These foods are fruits, vegetables, cooked beans, and cooked whole grains, such as brown rice, oatmeal, and whole wheat pasta.

Why Fiber Foods for Weight Loss?

These are weight loss foods because of the fiber and all the water, both of which do not have calories. That makes them lower calorie foods, which means you can fill your plate with them and

still lose weight. This is the essence of *the Full Plate Method*.

And by the way, these foods happen to be great sources of vitamins, minerals, antioxidants, and phytochemicals.

Are You Eating Enough to Lose Weight?

The typical American eats about 10 grams of fiber a day. *The Full Plate Method* recommends working your way up to about 40 grams a day, primarily from natural fiber rich foods. That's four times more.

CAUTION: When you add natural fiber foods to what you eat, go slowly. If you go too fast, you'll h:



You Need a Drink

The more fiber foods you eat, the more water you'll need to drink. Six cups of water a day is a good start, but if you drink more than that—great.

Beware of Sabotaging Your Fiber Foods

Fiber foods can be sabotaged as your weight-loss friends by adding sugars and fats, such as syrups, butter, cheese, sour cream, and salad dressings, etc. And we're not even going to mention deep-fried foods. 😊



Foods, Fiber, Calories

Foods highlighted in blue = Fiber Foods



Food	Serving size	Fiber grams	Calories
BEANS & PEAS			
Baked beans, various kinds	½ cup, cooked	5–9	120–196
Black beans	½ cup, cooked	8	114
Black beans, canned	½ cup, cooked	8	109
Black-eyed peas (Cowpeas)	½ cup, cooked	6	99
Black-eyed peas, canned	½ cup	4	96
Broadbeans (Fava beans)	½ cup, cooked	5	94
Cannellini beans (White Kidney)	½ cup, cooked	6	113
Chili with beans, canned	½ cup	6	144
Cranberry beans	½ cup, cooked	9	120
Cranberry beans, canned	½ cup	8	108
Garbanzo beans (Chickpeas)	½ cup, cooked	6	134
Garbanzo beans, canned	½ cup	5	106
Great Northern beans	½ cup, cooked	6	105
Great Northern beans, canned	½ cup	6	149

Food	Serving size	Fiber grams	Calories
BEANS & PEAS			
Green peas, fresh or frozen	½ cup, cooked	4	67
Green peas, canned	½ cup	4	72
Hummus, home-prepared	½ cup	5	218
Hummus, commercial	½ cup	7	204
Kidney beans, red	½ cup, cooked	7	112
Kidney beans, red, canned	½ cup	7	104
Lentils	½ cup, cooked	8	115
Lima beans, large	½ cup, cooked	7	108
Lima beans, large, canned	½ cup	6	95
Lima beans, baby	½ cup, cooked	7	115
Navy beans	½ cup, cooked	10	127
Navy beans, canned	½ cup	7	148
Peanuts, shelled	½ cup, boiled	8	286
Pink beans	½ cup, cooked	5	126
Pinto beans	½ cup, cooked	8	122
Pinto beans, canned	½ cup	6	98
Refried beans, canned, traditional	½ cup	6	108

Food	Serving size	Fiber grams	Calories
BEANS & PEAS			
Refried beans, canned, fat-free	½ cup	5	91
Refried beans, canned, vegetarian	½ cup	6	100
Split peas	½ cup, cooked	8	115
Soy beans, yellow	½ cup, cooked	5	149
Soy beans, yellow	½ cup, dry roasted	7	388
Tofu, firm or soft	½ cup	0–1	76–88
BEVERAGES			
Beer, lite	12 oz	0	103
Beer, regular	12 oz	0	153
Coffee, regular & decaf	8 oz	0	0

The best foods are unprocessed whole, plant foods.

—The Full Plate Diet™



Food	Serving size	Fiber grams	Calories
BEVERAGES			
Distilled spirits, all, 80 proof	1.5 oz	0	97
Fruit drinks	8 oz	0	111–164
Fruit-flavored drinks	8 oz	0–2	69–152
Juices, fruit	8 oz	0–2	94–182
Juices, vegetable	8 oz	1–2	41–94
Juice drinks, fruit & vegetable	8 oz	0–2	70–121
Lattes	8 oz	0–1	45–90
Liqueurs	1.5 oz	0	160–170
Smoothies	8 oz	Varies	Varies
Soda, lite & regular	12 oz	0	4–179
Sports & Energy drinks	8 oz	0	63–121
Tea, unsweetened, all	8 oz	0	0
Water	8 oz	0	0
Wine, table, all	5 oz	0	123
CEREALS			
Cold Cereals			
General Mills Cheerios	1 cup	3	103

Food	Serving size	Fiber grams	Calories
Cold Cereals			
General Mills Fruity Cheerios	1 cup	3	133
General Mills Lucky Charms	1 cup	2	147
General Mills Rice Chex	1 cup	1	100
Granola homemade	½ cup	6	299
Kashi Go Lean	1 cup	10	148
Kashi Granola, Summer Berry	½ cup	7	218
Kashi Heart to Heart	1 cup	6	157
Kashi 7 Whole Grain Flakes	1 cup	6	175
Kellogg's All-Bran, Original	½ cup	9	81
Kellogg's Corn Flakes	1 cup	1	102
Kellogg's Frosted Flakes	1 cup	1	143
Kellogg's Frosted Mini-Wheats	24 biscuits (bite size)	6	204
Kellogg's Fruit Loops	1 cup	3	108

Food	Serving size	Fiber grams	Calories
Cold Cereals			
Kellogg's Rice Crispies	1 cup	0	107
Kellogg's Special K	1 cup	3	113
Post Honey Bunches of Oats	1 cup	2	159
Post Shredded Wheat, spoon size	1 cup	6	172
Quaker Cap'n Crunch	1 cup	1	143
Quaker Oat Life	1 serving	1	79
Quaker Sun Country Granola	½ cup	3	266
Hot Cereals			
Brown rice	1 cup, cooked	4	218
Buckwheat groats	1 cup, cooked	5	155



Food	Serving size	Fiber grams	Calories
Hot Cereals			
Corn grits, yellow, enriched	1 cup, cooked	2	151
Cornmeal, whole grain	1 cup, cooked	3	146
Cream of Rice	1 cup, cooked	0	127
Cream of Wheat	1 cup, cooked	1	126
Farina	1 cup, cooked	2	123
Millet	1 cup, cooked	2	207
Oatmeal, quick	1 cup, cooked	4	166
Old-fashioned oatmeal	1 cup, cooked	4	166
Pearl barley	1 cup, cooked	6	193
Quinoa	1 cup, cooked	5	222
Ralston	1 cup, cooked	6	134
Rice, white, long-grain	1 cup, cooked	1	194
Roman Meal, plain	1 cup, cooked	8	147
Roman Meal, with oats	1 cup, cooked	7	170
Rye flakes	1 cup, cooked	5	170
Wheat, bulgur	1 cup, cooked	8	151
Whole wheat, hot cereal	1 cup, cooked	4	150
Wild rice	1 cup, cooked	3	166

Food	Serving size	Fiber grams	Calories
DAIRY PRODUCTS & ALTERNATIVES			
Cheese, cheddar	1 oz	0	114
Cheese, Monterey Jack	1 oz	0	106
Cheese, mozzarella, whole milk	1 oz	0	90
Cheese, processed, American	1 oz	0	105
Cream cheese	1 Tbsp	0	50
Cream, half & half	1 Tbsp	0	20
Cream, sour, cultured	1 Tbsp	0	23
Cottage cheese, creamed	4 oz	0	111
Milk, skim	8 oz	0	91
Milk, 1 %	8 oz	0	102
Milk, 2%	8 oz	0	138
Milk, whole	8 oz	0	149
Milk, chocolate, whole	8 oz	2	208
Milk, chocolate, low fat	8 oz	1	158
Milk, evaporated	8 oz	0	338
Soy creamer, all flavors	1 Tbsp	0	15–20

Food	Serving size	Fiber grams	Calories
DAIRY PRODUCTS & ALTERNATIVES			
Soy milk, all flavors, low fat	8 oz	2	104
Soy milk, all flavors, nonfat	8 oz	1	68
Soy milk, all flavors, unsweetened	8 oz	1	80
Soy milk, chocolate	8 oz	1	153
Soy yogurt, flavored	6 oz	1	150–160
Soy yogurt, plain	6 oz	1	150
Yogurt, plain, low fat	8 oz	0	154
Yogurt, fruit, low fat	8 oz	0	225
DESSERTS & SWEETS			
Cake, Angel Food	1 slice (1/2 of cake)	0	72

The sun, with all those planets revolving around it and dependent on it, can still ripen a bunch of grapes as if it had nothing else in the universe to do.

—Galileo

Food	Serving size	Fiber grams	Calories
DESSERTS & SWEETS			
Cake, chocolate, with chocolate frosting	1 slice ($\frac{1}{12}$ of cake)	4	537
Cake, pound	1 slice ($\frac{1}{10}$ of cake)	0	116
Cake, white with coconut frosting	1 slice ($\frac{1}{12}$ of cake)	1	399
Cake, yellow with vanilla frosting	1 slice ($\frac{1}{8}$ of cake)	0	239
Candy, butterscotch	3 pieces	0	63
Candy bars, assorted, snack size	1 bar	0–1	71–120
Candy, caramels	2 pieces	0	78
Chocolate bars, milk or dark	1 bar (1.45 oz)	2–3	208–238
Cheesecake	1 slice ($\frac{1}{6}$ of cake)	0	257
Coffecake, fruit	1 slice ($\frac{1}{8}$ of cake)	1	156
Brownies	1 square, large	1	227
Cookies, chocolate chip	2 cookies, medium	1	94
Cookies, fig bars	2 cookies	1	112
Cookies, Graham crackers	2 squares	0	60

Food	Serving size	Fiber grams	Calories
DESSERTS & SWEETS			
Cookies, oatmeal	2 cookies, large	1	162
Cookies, peanut butter	2 cookies	1	144
Cookies, shortbread	2 cookies	0	80
Cookies, sugar	2 cookies	0	144
Cookies, vanilla wafers	2 cookies, medium	0	36
Doughnuts, assorted	1 medium	1	226–307
Fried pies, fruit	1 pie	3	404
Frozen yogurt, chocolate	½ cup	2	110
Frozen yogurt, vanilla, soft-serve	½ cup	0	114
Fudgesicle	1	1	88
Ice cream, chocolate	½ cup	1	143
Ice cream, strawberry	½ cup	1	127
Ice cream, vanilla	½ cup	0	137
Jams & preserves	1 Tbsp	0	56
Jellies	1 Tbsp	0	56
Jelly beans	10 large	0	105
Marshmallows	2 regular	0	46
Muffins, blueberry	1 medium	2	144

Food	Serving size	Fiber grams	Calories
DESSERTS & SWEETS			
Muffins, corn	1 medium	4	345
Muffins, oat bran	1 medium	5	305
Pastry, Danish, cheese	1	1	266
Pastry, Danish, fruit	1 medium	1	263
Pie, apple	1 piece ($\frac{1}{8}$ of pie)	2	295
Pie, blueberry	1 piece ($\frac{1}{8}$ of pie)	1	290
Pie, cherry	1 piece ($\frac{1}{8}$ of pie)	1	325
Pie, chocolate crème	1 piece ($\frac{1}{6}$ of pie)	2	344
Pie, coconut custard	1 piece ($\frac{1}{6}$ of pie)	2	191

Bringing a lunch from home gives you complete control of your fiber intake.

—The Full Plate Diet™



Food	Serving size	Fiber grams	Calories
DESSERTS & SWEETS			
Pie, lemon meringue	1 piece (1/6 of pie)	1	303
Pie, peach	1 piece (1/6 of pie)	1	261
Pie, pecan	1 piece	3	541
Pie, pumpkin	1 piece	2	323
Popsicle	1	0	41
Pudding, chocolate, ready-to-eat	4 oz container	0	153
Pudding, rice, ready-to-eat	4 oz container	1	133
Pudding, tapioca, ready-to-eat	4 oz container	0	143
Pudding, vanilla, ready-to-eat	4 oz container	0	143
Syrup, pancake, table blend	1/4 cup	0	233
Sweet rolls, cinnamon with raisins	1 roll	1	223
Toaster pastries, fruit	1	1	211
EGGS & EGG SUBSTITUTES			
Egg, chicken, large, raw	1 whole	0	72

Food	Serving size	Fiber grams	Calories
EGGS & EGG SUBSTITUTES			
Egg, chicken, large, hard boiled	1 whole	0	78
Egg substitutes	¼ cup	0	29
FAST FOODS & RESTAURANT FOODS			
Black bean soup	1 cup	12	253
Burrito with beans & cheese	1	8	379
Burrito with beans & beef	1	7	460
Cheeseburger, regular, plain	1	1	303
Chicken chow mein	1 order	6	513
Chicken fingers	3 pieces	1	305
Coleslaw	1 cup	4	292
Egg rolls, assorted	1	2	222
Eggs, scrambled	2 eggs	0	199
French fries	1 large serving	7	607
French toast sticks	3 pieces	1	221
Fried bread	1 piece	1	323
Fried rice	1 cup	2	228
Hamburger, regular, plain	1	1	254
Hash browns	½ cup	2	235
Hush puppies	2	1	130

Food	Serving size	Fiber grams	Calories
FAST FOODS & RESTAURANT FOODS			
Macaroni & cheese	1 serving	3	346
Mashed potatoes	1 cup	3	215
Mozzarella sticks, fried	7–8 pieces	4	763
Pizza, cheese, regular crust	1 slice	2	217
Rice & black beans	1 cup	5	220
Rice & red beans	1 cup	4	223
Salad, grape, apple, yogurt & walnuts	1	4	191
Shrimp, breaded & fried	7 pieces	1	288
Taco, with beef, cheese, & lettuce	1	3	156
Tamale, corn	1	5	300
Sundae, hot fudge	1	0	284
Sundae, strawberry	1	0	268
Yogurt parfait with fruit & granola	1	2	125
FATS & SALAD DRESSINGS			
Butter, salted	1 Tbsp	0	102
Margarine, stick	1 Tbsp	0	77–102

Food	Serving size	Fiber grams	Calories
FATS & SALAD DRESSINGS			
Margarine, tub	1 Tbsp	0	26–101
Mayonnaise	1 Tbsp	0	99
Oil, coconut	1 Tbsp	0	117
Oil, olive	1 Tbsp	0	119
Oil, peanut	1 Tbsp	0	119
Oil, soy	1 Tbsp	0	120
Salad dressing, French	1 Tbsp	0	69
Salad dressing, Italian	1 Tbsp	0	43
Salad dressing, ranch	1 Tbsp	0	73
Salad dressing, thousand island	1 Tbsp	0	59
FRUITS			
Apple, fresh	1 medium	4	95
Apples, dried	½ cup	4	105
Applesauce, unsweetened	½ cup	1	51
Applesauce, sweetened	½ cup	2	84
Apricots, fresh	2 medium	1	34
Apricots, canned with skin	½ cup, juice pack	2	59

Food	Serving size	Fiber grams	Calories
FRUITS			
Apricots, canned, no skin	½ cup, water pack	1	25
Apricots, canned with skin	½ cup, light syrup	2	61
Apricots, canned with skin	½ cup, heavy syrup	2	107
Apricots, dried	½ cup	5	157
Apricots, frozen	½ cup, sweetened	3	119
Avocado	½ medium	7	161
Banana	1 medium	3	105
Blackberries, fresh or frozen	1 cup	8	62
Blueberries, fresh or frozen	1 cup	4	84



Food	Serving size	Fiber grams	Calories
FRUITS			
Blueberries, wild, frozen	1 cup	6	71
Boysenberries, fresh or frozen	1 cup	7	66
Cantaloupe	½ medium	3	94
Carambola, (Starfruit), fresh	1 medium	3	28
Casaba melon	2 cups, cubed	3	96
Cherries, sour, fresh or frozen	1 cup, pitted	3	78
Cherries, sour, canned	1 cup, light syrup	2	189
Cherries, sour, canned	1 cup, heavy syrup	3	233
Cherries, sweet, fresh or frozen	1 cup, pitted	3	97
Cherries, sweet, canned	1 cup, pitted, light syrup	4	169
Cherries, sweet, canned	1 cup, pitted, heavy syrup	4	210
Cranberries, fresh	1 cup, whole	5	46
Cranberries, dried	⅓ cup, sweetened	2	123
Currants, dried	⅓ cup	3	134

Food	Serving size	Fiber grams	Calories
FRUITS			
Dates	½ cup, chopped	6	208
Figs, fresh	2 medium	3	74
Figs, dried	½ cup	7	185
Fruit cocktail, canned	½ cup, juice pack	1	55
Fruit cocktail, canned	½ cup, light syrup	3	146
Fruit cocktail, canned	½ cup, heavy syrup	3	186
Grapefruit	1 large	2	53
Grapefruit sections, canned	1 cup, juice pack	1	92
Grapefruit sections, canned	1 cup, light syrup	1	152
Grapes, red or green	1 cup	1	104
Guava	1 medium	3	37
Honeydew melon	⅛ melon, wedge	1	58
Kiwifruit	2 medium	5	84
Lemon	1 medium	2	24
Mandarin oranges, canned	½ cup, juice pack	1	46
Mandarin oranges, canned	½ cup, light syrup	1	77

Food	Serving size	Fiber grams	Calories
FRUITS			
Mango, fresh	1 medium	5	202
Nectarine, fresh	1 medium	2	62
Orange, fresh	1 medium	3	62
Papaya, fresh	1 small	3	68
Passion fruit, purple	1 medium	2	17
Peach, fresh	1 medium	2	58
Peaches, canned	1 cup, halves or slices, juice pack	3	109
Peaches, canned	1 cup, halves or slices, light syrup	3	136
Peaches, canned	1 cup, heavy syrup	3	194
Peaches, dried	½ cup, halves	7	191
Peaches, frozen	1 cup, sliced	2	60
Pear, fresh	1 medium	6	103
Pears, canned	1 cup, juice pack	4	124
Pears, canned	1 cup, light syrup	4	143



Food	Serving size	Fiber grams	Calories
FRUITS			
Pears, canned	1 cup, heavy syrup	4	197
Pears, dried	½ cup, halves	7	236
Persimmon, Japanese	1 medium	6	118
Pineapple, fresh	1 cup, chunks	2	82
Pineapple, canned	1 cup, chunks, juice pack	2	149
Pineapple, canned	1 cup, chunks, light syrup	2	131
Pineapple, canned	1 cup, chunks, heavy syrup	2	198
Pineapple, frozen	1 cup, chunks, sweetened	3	211
Plums, fresh	2 medium	2	60
Plums, canned	1 cup, pitted, juice pack	2	146
Plums, canned	1 cup, pitted, light syrup	2	153
Plums, canned	1 cup, pitted, heavy syrup	2	230
Pomegranate seeds	½ cup	4	72
Prunes, dried	½ cup, pitted	6	209
Raisins, seedless	⅓ cup	2	143

Food	Serving size	Fiber grams	Calories
FRUITS			
Raspberries, fresh or frozen	1 cup	8	64
Rhubarb, fresh	1 cup, diced	2	26
Rhubarb, frozen	1 cup, cooked with sugar	5	278
Strawberries, fresh or frozen	1 cup, whole	3	46
Tangerine, fresh	1 medium	2	47
Watermelon, fresh	1 ½ cups, diced	1	68
GRAIN PRODUCTS			
Baked Goods			
Bagel, plain	1 medium	2	270
Bagel, cinnamon-raisin	1 medium	2	287
Biscuit, plain or buttermilk	1 medium	1	186
Bread, banana	1 slice	1	196
Bread, cracked wheat	1 slice, regular	1	165
Bread, French (includes sourdough)	1 slice, large	2	277



Food	Serving size	Fiber grams	Calories
Baked Goods			
Bread, multi-grain, includes whole grain	1 slice, regular	2	69
Bread, oatmeal	1 slice	1	73
Bread, pita, white	1 large	1	165
Bread, pita, whole wheat	1 large	5	170
Bread, pumpernickel	1 slice, regular	2	65
Bread, raisin	1 slice	1	71
Bread, rye	1 slice, regular	2	83
Bread, wheat	1 slice	1	78
Bread, white	1 slice	1	74
Bread, whole wheat	1 slice	2	69
Bread sticks, plain	3 sticks	1	123
Buns, hamburger, plain	1 roll	1	117
Buns, hamburger, mixed grain	1 roll	2	113
Buns, hotdog, plain	1 roll	1	117
Buns, hotdog, mixed grain	1 roll	2	113
Crackers, crispbread, rye	2 crispbreads	3	74
Crackers, saltines	3 cracker squares	0	39

Food	Serving size	Fiber grams	Calories
Baked Goods			
Crackers, snack-type, regular	5 crackers	0	81
Crackers, wheat, regular	6 thin squares	1	60
Crackers, whole wheat	6 crackers	3	120
Croissant, butter	1 large	2	272
Croissant, cheese	1 large	2	277
Croutons, seasoned	½ cup	1	93
English muffin, plain	1 muffin	2	129
English muffin, mixed grain	1 muffin	2	155
English muffin, raisin-cinnamon	1 muffin	2	137
English muffin, whole wheat	1 muffin	5	135
Muffins, plain	1 muffin	2	169
Muffins, corn	1 muffin, medium	4	345
Muffins, oat bran	1 muffin, medium	5	305
Rolls, dinner, brown & serve	2 rolls, small	1	78
Rolls, dinner, wheat	1 roll	1	76

Food	Serving size	Fiber grams	Calories
Baked Goods			
Rolls, dinner, whole wheat	1 roll, medium	3	96
Rolls, French	1 roll	1	105
Rolls, hard, includes Kaiser	1 roll	1	167
Tortillas, corn	2	3	104
Waffles, plain, frozen	1 waffle square	1	100
Pasta —even though whole wheat pastas are highlighted in blue, if you want to lose weight, it's best to limit yourself to one serving			
Macaroni, enriched, elbows	1 cup, cooked	3	221
Macaroni, whole wheat, elbows	1 cup, cooked	4	174
Noodles, egg	1 cup, cooked	2	221
Noodles, chow mein	1 cup	2	237
Spaghetti, enriched	1 cup, cooked	3	230
Spaghetti, whole wheat	1 cup, cooked	6	174
Snacks			
Cornnuts, nacho flavor	1 oz	2	124
Granola bars, hard, plain	1 bar	1	118

Food	Serving size	Fiber grams	Calories
Snacks			
Granola bars, hard, almond	1 bar	1	124
Granola bars, soft, uncoated, plain	1 bar	1	124
Popcorn, air-popped	1 cup	1	31
Popcorn, oil-popped, regular flavor	1 cup	1	64
Potato chips, barbeque flavor	1 oz	1	139
Potato chips, cheese flavor	1 oz	2	141
Pretzels, hard, plain, salted	1 oz	1	108



Food	Serving size	Fiber grams	Calories
Snacks			
Pretzels, hard, whole wheat	1 oz	2	103
Rice cakes, brown rice, plain	2 cakes	1	70
Tortilla chips, plain	1 oz	2	139
Tortilla chips, ranch flavor	1 oz	1	142
MEAT, POULTRY, FISH & SEAFOOD			
Beef	3 oz, cooked	0	177–343
Bison	3 oz, cooked	0	152–202
Chicken breast	3 oz, cooked	0	142–161
Deer	3 oz, cooked	0	127–162
Elk	3 oz, cooked	0	124–142
Fish	3 oz, cooked	0	89–223
Lamb	3 oz, cooked	0	162–305
Pork	3 oz, cooked	0	169–271
Processed meats & lunch meats	3 oz	0	177–276
Seafood, shellfish	3 oz, cooked	0	71–101
Turkey breast	3 oz, cooked	0	130–155
Veal	3 oz, cooked	0	136–241

Food	Serving size	Fiber grams	Calories
NUTS & NUT BUTTERS; SEEDS & SEED BUTTERS			
Almonds, fresh	1 oz (23 almonds)	4	163
Almond butter	2 Tbsp	1	182
Brazil nuts, fresh	1 oz (6)	2	186
Cashews, dry roasted	1 oz (18 whole)	1	163
Cashew butter	2 Tbsp	1	188
Chia seeds, fresh	1 oz (5 Tbsp)	10	138
Coconut, fresh	½ cup shredded	4	142
Coconut, fresh	2"x 2" x ½" piece	4	159
Coconut, dried, unsweetened	1 oz	4	187
Flaxseeds, fresh	1 oz (¼ cup)	11	220
Hazelnuts or filberts	1 oz (21 whole)	3	178
Macadamia nuts, dry roasted	1 oz (10–12)	2	204
Peanuts, dry roasted	1 oz	2	166



Food	Serving size	Fiber grams	Calories
NUTS & NUT BUTTERS; SEEDS & SEED BUTTERS			
Peanut butter, chunky	2 Tbsp	3	188
Peanut butter, smooth	2 Tbsp	2	180
Pecans, fresh	1 oz (19 halves)	3	196
Pumpkin/squash seed kernels, raw	1 oz (¼ cup)	2	158
Pine nuts, dried	1 oz (¼ cup)	3	178
Pistachios	1 oz (49 kernels)	3	161
Sesame seeds	1 oz (¼ cup)	4	237
Sesame seed butter (tahini, raw)	2 Tbsp	3	170
Sunflower seed kernels, dry roasted	1 oz (¼ cup)	3	165
Sunflower seed butter	2 Tbsp	2	198
Walnuts, fresh	1 oz (14 halves)	2	185
PREPARED MEALS, ENTREES & SIDE DISHES			
Beef Pot Pie, frozen	1 baked	2	590
Beef stew, canned	1 cup	2	194
Burrito, bean & cheese, frozen	1	4	285
Burrito, beef & bean, frozen	1	6	332

Food	Serving size	Fiber grams	Calories
PREPARED MEALS, ENTREES & SIDE DISHES			
Chicken Pot Pie, frozen	1 baked	3	501
Chili con carne with beans, canned	1 cup	8	259
Corn dogs, frozen	1 cooked	1	208
Egg rolls, vegetable	1 cooked	2	153
Lasagna, vegetable, frozen	1 cup, baked	4	314
Lasagna, cheese, frozen	1 cup, baked	4	316
Macaroni & cheese, canned	1 cup	1	200
Macaroni & cheese, frozen entree	1 cup	2	204
Pasta with tomato sauce, canned	1 cup	2	167
Potato salad with egg	1 cup	3	392
Ravioli, cheese filled, canned	1 cup	3	191
Tortellini, cheese filled, refrigerated	1 cup	2	332

Food	Serving size	Fiber grams	Calories
SOUPS			
Chicken Rice, canned	1 cup, ready-to-serve	1	127
Chunky Chicken Noodle, canned	1 cup, ready-to-serve	2	95
Cream of Celery, canned	1 cup, made with milk	1	164
Cream of Chicken, canned	1 cup, made with milk	0	117
Cream of Mushroom, canned	1 cup, made with water	0	104
Minestrone, chunky, canned	1 cup, ready-to-serve	6	127
Onion soup, canned	1 cup, made with water	1	56
Split Pea with Ham, canned	1 cup, ready-to-serve	4	185



Food	Serving size	Fiber grams	Calories
SOUPS			
Tomato Bisque, canned	1 cup, made with milk	1	198
Tomato, canned	1 cup, made with milk	2	139
Vegetable, chunky, canned	1 cup, ready-to-serve	1	125
Vegetarian Vegetable, canned	1 cup, made with water	1	67
VEGETABLES			
Artichoke, globe, fresh	1 medium, cooked	10	64
Artichoke hearts, canned	½ cup	7	45
Asparagus, fresh	1 cup, cooked	4	40
Asparagus, frozen	1 cup, cooked	3	32
Beets, fresh	1 cup, sliced, cooked	4	74
Beet greens, fresh	1 cup, chopped, cooked	4	39



Food	Serving size	Fiber grams	Calories
VEGETABLES			
Black-eyed peas, frozen	½ cup, cooked	5	112
Broccoli, fresh or frozen	1 cup, chopped, cooked	5	54
Brussels sprouts, fresh	1 cup, cooked	4	56
Brussels sprouts, frozen	1 cup, cooked	6	65
Cabbage, fresh	1 cup, shredded	2	18
Cabbage, fresh	1 cup, shredded, cooked	3	34
Carrots, fresh	1 cup, grated	3	45
Carrots, fresh or frozen	1 cup, sliced, cooked	5	55
Cauliflower, fresh	1 cup, chopped	2	27
Cauliflower, fresh	1 cup, pieces, cooked	3	29
Cauliflower, frozen	1 cup, pieces, cooked	5	34
Celery, fresh	1 cup, chopped	2	16
Celery, fresh	1 cup, diced, cooked	2	27

Food	Serving size	Fiber grams	Calories
VEGETABLES			
Collard greens, fresh	1 cup, chopped, cooked	5	49
Corn, sweet, fresh or frozen	1 cup, cooked	4	143
Corn, sweet, canned	1 cup, drained	3	130
Cucumber, peeled, fresh	1 cup, sliced	1	14
Dandelion greens, fresh	1 cup, chopped, cooked	3	35
Edamame, frozen	½ cup, cooked	4	95
Eggplant, fresh	1 cup, cubed, cooked	3	35
Green beans, canned	1 cup	4	38
Green beans, fresh or frozen	1 cup, cooked	4	44
Kale, fresh	1 cup, chopped, raw	1	28
Kale, fresh	1 cup, chopped, cooked	3	36
Kale, frozen	1 cup, chopped, cooked	3	39
Lettuce, greenleaf/iceberg/romaine	1 cup, shredded	1	8

Food	Serving size	Fiber grams	Calories
VEGETABLES			
Lima beans, baby, frozen	½ cup, cooked	5	95
Lima beans, Fordhook, frozen	½ cup, cooked	5	88
Mushrooms, portabella, fresh	1 cup, sliced	3	35
Mushrooms, white, fresh	1 cup, sliced	1	15
Mushrooms, canned, drained	1 cup	4	39
Mustard greens, fresh	1 cup, chopped, cooked	3	21
Okra, fresh	1 cup, sliced, cooked	4	36
Onions, fresh	1 cup, chopped	3	64
Onions, fresh	1 cup, chopped, cooked	3	92
Parsley, fresh	1 cup, chopped	2	22
Parsnips, fresh	1 cup, sliced, cooked	6	110
Peas, green, fresh	1 cup, cooked	9	134
Peppers, sweet green, fresh	1 cup, sliced	2	18
Potato, russet, fresh	1 medium, baked with skin	4	168

Food	Serving size	Fiber grams	Calories
VEGETABLES			
Potatoes, fresh	1 cup, boiled, no skin	3	136
Potatoes, fresh	1 cup, mashed	3	237
Pumpkin, canned	1 cup	7	83
Radishes, fresh	½ cup, sliced	1	10
Rhubarb, fresh	1 cup, chopped	5	26
Rhubarb, frozen	1 cup, cooked with sugar	5	278
Spinach, fresh	1 cup, raw	1	7
Spinach, fresh	1 cup, cooked	4	41
Spinach, frozen	1 cup, chopped, cooked	4	32
Squash, summer, fresh	1 cup, sliced raw	1	24
Squash, summer, fresh	1 cup, sliced, cooked	2	41
Squash, zucchini, fresh	1 cup, sliced, raw	1	19
Squash, zucchini, fresh	1 cup, sliced, cooked	2	27
Squash, acorn	1 cup, cubed, cooked or baked	9	115

Food	Serving size	Fiber grams	Calories
VEGETABLES			
Squash, butternut	1 cup, cubed, cooked or baked	7	82
Squash, hubbard	1 cup, cubed, baked	10	102
Squash, spaghetti	1 cup, baked	2	42
Sweet potato	1 medium, baked	4	103
Swiss chard, fresh	1 cup, diced, cooked	4	35
Tomatoes, red, fresh	1 cup, chopped	2	32
Tomatoes, canned	1 cup, stewed	3	26
Turnips, fresh	1 cup, cubed, cooked	3	34
Turnip greens, fresh	1 cup, chopped, cooked	5	29
Yam, fresh	1 cup, boiled or baked	5	158
Zucchini, fresh	1 cup, sliced, cooked	2	27


Example

Fiber Food & Water Tracker

Track the Fiber Foods you eat each day, and the number of glasses of water you drink.

Date: July 12 Daily Fiber Food Total: 14

Breakfast	Lunch	Dinner	Snacks
banana	tomatoes	lettuce	grapes
raspberries	lettuce	red pepper	
oatmeal	broccoli	carrots	
	black beans	celery	
	onions		
	avocado		

 = 8 oz (1 cup) of water




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