



Liza Twohill

Fibre for various foods

Category A - more than 7 grams of fibre/serving

FOOD	AMOUNT	TOTAL FIBRE	FOOD	AMOUNT	TOTAL FIBRE
		(grams)			(grams)
Avocado	1 medium	11.8	Oats, dry	1 cup	12
Black beans, cooked	1 cup	14.9	Oat bran, raw	1 cup	14
Bran cereal	1 cup	19.9	Oat bran, raw	1 tab	0.9
Broccoli, cooked	1 cup	4.5	Pinto beans, cooked	1 cup	14.7
Cereal, 100% whole grain	1 cup	10	Split peas, cooked	1 cup	16
Flaxseed, raw, ground	1 cup	46	Raspberries	1 cup	8.3
Flaxseed, raw, ground	1 tabs	3	Rice, brown, uncooked	1 cup	7.9
Green peas, cooked	1 cup	8	Soybeans, cooked	1 cup	7.6
Kale, cooked	1 cup	7.2	Wheat bran, raw	1 cup	25
Kidney beans, cooked	1 cup	13.3	Wheat bran, raw	1 tabs	1.6
Lentils, cooked	1 cup	15.6	Wheatgerm, raw	1 cup	15.6
Lima beans, cooked	1 cup	13.1	Wheat germ, raw	1 tabs	1
Navy beans, cooked	1 cup	11.6			



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Category B - more than 3 grams of fibre/serving

FOOD	AMOUNT	TOTAL FIBRE (grams)	FOOD	AMOUNT	TOTAL FIBRE (grams)
Almonds	29g	4.2	Papaya	1each	5.4
Apples with skin	1 medium	5	Pasta, whole wheat	1 cup	6.3
Banana	1 medium	3.9	Peach, dried	3 pieces	3.1
Blueberries	1 cup	4.1	Pear	1 medium	5
Bread, 100% wholegrain	1 slice	3	Pistachio nuts	29g	3.1
Cabbage, cooked	1 cup	4.2	Potato, baked with skin	1 medium	4.8
Cauliflower, cooked	1 cup	3.4	Prunes	1/4cup	3
Corn, sweet	1 cup	4.6	Pumpkin seeds	1/4cup	4.1
Figs, dried	2 medium	3.7	Sesame seeds	1/4 cup	4.2
Flaxseeds	3 teas	6.9	Spinach, cooked	1 cup	4.3
Garbanzo beans, cooked	1 cup	5.8	Strawberries	1 cup	3.9
Grapefruit	1/2 medium	6.1	Sweet potato, cooked	1 cup	5.9
Green beans, cooked	1 cup	3.9	Swiss chard, cooked	1 cup	3.6
Olives	1 cup	4.3	Turnip greens, cooked	1 cup	5
Oranges, navel	1 medium	3.4	Winter squash	1 cup	5.7
			Yam, cooked cubes raw	1 cup	5.3



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Category C - less than 3 grams of fibre/serving

FOOD	AMOUNT	TOTAL FIBRE (grams)	FOOD	AMOUNT	TOTAL FIBRE (grams)
Apricot	3 medium	0.9	Mushrooms	1 cup	1.3
Apricots, dried	5 pieces	2.8	Mustard greens, cooked	1 cup	2.8
Asparagus, cooked	1 cup	2.8	Onions, raw	1 cup	2.8
Beets, cooked	1 cup	2.8	Peanuts	29g	2.3
Bread, wholewheat	1 slice	2	Peach	1 medium	2
Brussel sprouts, cooked	1 cup	2.8	Peppers, sweet	1 cup	2.6
Rockmelon, cubes	1 cup	1.2	Pineapple	1 cup	1.8
Carrots, raw	1 medium	2	Plum	1 medium	1
Cashews	29g	1	Raisins	46g	1.6
Celery	1 stalk	1	Romaine Lettuce	1 cup	0.9
Collard greens, cooked	1 cup	2.5	Summer squash, cooked	1 cup	2.5
Cranberries	1/2 cup	1.9	Sunflower seeds	1/4 cup	3
Cucumber, sliced with peel	1 cup	0.8	Tomato	1 medium	1
Eggplant, cooked cubes	1 cup	2.4	Walnuts	29g	2.9
Kiwifruit	1 each	2.5	Zucchini	1 cup	2.6