

Dietary Fiber

Dietary fiber are carbohydrates in plant food which are not digested and therefore do not contribute to raising the blood glucose level. Dietary fiber exists in two basic forms, soluble and insoluble. Dietary fiber may help slow down the post-meal blood glucose rise by slowing down the digestion and absorption process. **A good goal to aim for is 25-35 grams of total dietary fiber daily. Dietary Fiber Content of Selected Foods:**

Grams of Fiber	Fruits
8.0	Raspberries 1 cup
5.7	Blackberries ¾ cup
5.5	Pear
3.6	Strawberries, 1 ¼ cup
3.5	Prunes, pitted 5
3.3	Apple, with Skin
3.0	Orange
2.7	Banana
2.7	Blueberries ¾ cup
2.5	Cantaloupe, 1/2 medium
2.4	Nectarine
2.3	Peaches, 1 cup sliced
2.2	Peach
2.1	Kiwi
1.6	Date
1.6	Raisins, 1 small box, 1.5 oz.
1.4	Grapes, 1 cup
1.0	Plum
0.6	Watermelon, Diced, 1 cup
0.5	Orange Juice, 1 cup
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* All values are for 1 medium-sized fruit unless otherwise indicated.

Grams of Fiber	Vegetables
3.5	French fries, steak cut, 10, baked
5.4	Soybeans ½ cup
4.4	Peas, Cooked (Frozen) 1/2 cup
4.0	Potato, Baked with Skin
3.8	Sweet potato, Baked with Skin, 1 medium
3.0	Potato, Baked without Skin
2.5	Corn, 1 ear
2.4	Broccoli, Chopped, 1 cup
2.2	Spinach, Cooked, 1/2 cup
2.0	Green Beans, Cooked (Frozen), 1/2 cup
2.0	Brussels Sprouts, Cooked, 1/2 cup
1.8	Corn, Cooked, 1/2 cup
1.7	Carrot, 1 medium
1.6	Potatoes, Mashed, 1/2 cup
1.5	Carrots, grated, 1/2 cup
1.5	Tomato, 1 medium
1.4	Cauliflower, Cooked, 1/2 cup
1.3	Peppers, Chopped, 1/2 cup
1.0	Romaine lettuce, 1 cup
0.6	Iceberg Lettuce, 1 cup
0.6	Kale, chopped 1 cup
0.6	Celery, 1 stalk
0.4	Cucumber, 1/2 cup
0.3	Spinach, raw, 1/2 cup
0.3	Tomato, 1 slice

* All values are for raw, uncooked vegetables unless otherwise indicated.

Grams of Fiber	Grains, Beans & Nuts
2.5	Barley ½ cup
2.5	Bran Muffin, 1 medium
1.9	Peanut Butter, Chunky, 2 Tbsp.
1.9	Rice, Brown, Cooked, 1 cup
1.9	Peanut Butter, Smooth, 2 Tbsp.
1.6	Walnuts, Chopped, 1/4 cup
1.6	Tortilla, corn 6"
1.5	Bread, Whole Wheat, 1 slice/oz.
1.5	Sunflower Seeds, 1/8 cup
0.7	Popcorn, Air-Popped, 1 cup
0.6	Bread, White, 1 slice (1 oz.)
0.6	Rice, White, Cooked, 1 cup
0.7	Kellogg's Corn Flakes, 1 cup
0.7	Sesame Seeds, 2 Tbsp.

* All values are for cooked grains and canned or cooked beans.

Grams of Fiber	Grains, Beans & Nuts
14.0	General Mills Fiber One, 1/2 cup
7.8	Lentils, 1/2 cup
7.7	Pinto Beans ½ cup
7.5	Black Beans, 1/2 cup
6.9	Kidney Beans, 1/2 cup
5.8	Peanuts, 1/2 cup
5.8	Wheat Germ, 1/2 cup
5.8	Lima Beans, 1/2 cup
5.3	Chickpeas, 1/2 cup
3.5	Bulgur ½ cup
3.5	Almonds 1 ounce, 23 whole kernels
3.5	Oatmeal, Cooked, 1 cup
4-9	Cereal, high fiber, bran ½ cup
4-9	Quinoa ½ cup

Source: USDA National Nutrient Database for Standard Reference Home Page, <http://www.ndb.nal.usda.gov>; accessed May 13, 2015.