



# Fibers with Benefits

Your goal: at least 28 grams a day.

	Fiber (g)
<b>Cereals</b>	
Kellogg's All-Bran Buds ( <i>1/3 cup</i> )	13
Kellogg's All-Bran Original ( <i>1/2 cup</i> )	10
Post Shredded Wheat Wheat'n Bran ( <i>1 1/4 cups</i> )	8
Kellogg's Raisin Bran ( <i>1 cup</i> )	7
Post Bran Flakes ( <i>3/4 cup</i> )	6
Post Shredded Wheat Original ( <i>1 cup</i> )	6
Oats, any brand ( <i>1 cup cooked</i> )	4
<b>Legumes</b> ( <i>cooked</i> )	
Black beans, lentils, pinto beans, or split peas ( <i>1/2 cup</i> )	8
Chickpeas or kidney beans ( <i>1/2 cup</i> )	6
<b>Grains &amp; Pasta</b> ( <i>cooked</i> )	
Barley ( <i>1 cup</i> ) or bulgur ( <i>3/4 cup</i> )	6
Popcorn ( <i>4 cups</i> )	5
Whole wheat pasta ( <i>1 cup</i> )	5
Quinoa ( <i>3/4 cup</i> )	4
Brown rice ( <i>3/4 cup</i> )	3
<b>Bread &amp; Crackers</b>	
Wasa Crispbread, Light Rye (3)	5
Nabisco Triscuit Original (6)	3
Whole wheat bread ( <i>1 slice, 1.5 oz.</i> )	3
<b>Fruits</b>	
Blackberries or raspberries ( <i>1 cup</i> )	8
Pear (1)	6
Avocado ( <i>1/2</i> )	5
Apple (1)	4
Blueberries ( <i>1 cup</i> )	4
Banana or orange (1)	3
Cherries or strawberries ( <i>1 cup</i> )	3
Prunes (4)	3
<b>Vegetables</b> ( <i>cooked</i> )	
Sweet potato (1)	4
Broccoli ( <i>1/2 cup</i> ) or green beans ( <i>2/3 cup</i> )	3
Baby carrots (8)	2
Brussels sprouts or kale ( <i>1/2 cup</i> )	2
Cauliflower (5 florets)	2
Corn or spinach ( <i>1/2 cup</i> )	2
<b>Nuts</b> ( <i>amount closest to 1 oz.</i> )	
Almonds (23) or pistachios (49)	4
Peanuts (28) or peanut butter (2 Tbs.)	2

Sources: USDA and company information.