



# Fibers with Benefits

Your goal: at least 25 grams a day (for women) or 38 grams a day (for men).

	Fiber (g)
<b>Cereals</b>	
Kellogg's All-Bran Buds ( $\frac{1}{2}$ cup)	17
Kellogg's All-Bran Original ( $\frac{2}{3}$ cup)	12
Post Shredded Wheat Original ( $1\frac{1}{3}$ cups)	8
Post Shredded Wheat Wheat'n Bran ( $1\frac{1}{3}$ cups)	8
Kellogg's Raisin Bran (1 cup)	7
Post Bran Flakes (1 cup)	7
Oats, any brand (1 cup cooked)	4
<b>Legumes</b> (cooked)	
Black beans, lentils, pinto beans, or split peas ( $\frac{1}{2}$ cup)	8
Chickpeas or kidney beans ( $\frac{1}{2}$ cup)	6
<b>Grains &amp; Pasta</b> (cooked)	
Barley (1 cup) or bulgur ( $\frac{3}{4}$ cup)	6
Popcorn (4 cups)	5
Whole wheat pasta (1 cup)	5
Quinoa ( $\frac{3}{4}$ cup)	4
Brown rice ( $\frac{3}{4}$ cup)	3
<b>Bread &amp; Crackers</b>	
Wasa Crispbread, Light Rye (3)	6
Nabisco Triscuit Original (6)	3
Whole wheat bread (1 slice, 1.5 oz.)	3
<b>Fruits</b>	
Blackberries or raspberries (1 cup)	8
Pear (1)	6
Avocado ( $\frac{1}{2}$ )	5
Apple (1) or blueberries (1 cup)	4
Banana or orange (1)	3
Cherries or strawberries (1 cup)	3
Prunes (4)	3
<b>Vegetables</b> (cooked)	
Sweet potato (1)	4
Broccoli ( $\frac{1}{2}$ cup) or green beans ( $\frac{2}{3}$ cup)	3
Baby carrots (8)	2
Brussels sprouts or kale ( $\frac{1}{2}$ cup)	2
Cauliflower (5 florets)	2
Corn or spinach ( $\frac{1}{2}$ cup)	2
<b>Nuts</b> (amount closest to 1 oz.)	
Almonds (23) or pistachios (49)	4
Peanuts (28) or peanut butter (2 Tbs.)	2

Sources: USDA and company information.