

Fiber Facts

Fiber can be of two different types even in the same food. Crude fiber is indigestible plant fiber of the same composition as wood. Dietary fiber is plant material that is normally left undigested after passing through the body's digestive system. Dietary fiber is the kind that tends to form gels, allowing the body's waste to form into soft and bulky stools which function to more efficiently sweep out toxins and potential toxins.. By decreasing the length of time food stays in the intestinal tract, fiber decreases the incidence of fermentation of food. Additionally, dietary fiber helps to bind onto some toxic substances in the colon, reducing their reactivity.

Interestingly, fiber also has some very strong effects within the body. Fiber decreases the time it takes to empty the stomach, allowing for gastric juices to more fully break the food down. Of particular note, fiber lowers serum cholesterol significantly, maintaining healthy arteries. It also slows down the absorption of glucose, and increases the body's sensitivity to insulin, resulting in a healthy sugar metabolism which will prevent adult onset diabetes.

BEANS AND TOFU

| Product | Fiber (g)/serving |
|---|--------------------------|
| Nile Spice Black Bean Soup | 12 |
| Amy's Lentil Soup (1 c.) | 9 |
| Nile Spice Split Pea Soup (1 c.) | 8 |
| Beans or Lentils (1/2 c., cooked) | 5-8 |
| Progresso Vegetable Classics Lentil Soup (1 c.) | 7 |
| Progresso Minestrone Soup (1 c.) | 5 |
| Health Valley Vegetable Barley Soup | 4 |
| Boca Burger or Garden Burger (1) | 4 |

BREADS

| Product | Fiber (g) /serving (1 slice) |
|--|-------------------------------------|
| Tortilla, Low carbohydrate | 8-9 |
| Orowheat Light whole wheat | 7 |
| Orowheat Light 9 grain | 6 |
| Pita, Whole Wheat | 5 |
| Tortilla, Whole Wheat | 2 |
| Pumpernickel or rye bread | 2 |
| Ezekiel Sprouted Grain | 3 |
| Orowheat 100% whole wheat | 3 |
| Pita ¹ or Tortilla, White Flour | 1 |

GRAINS AND PASTA

| Product | Fiber (g) /serving |
|--|---------------------------|
| Barley (1 c.) or Bulgur (3/4 c.) | 6 |
| Whole wheat macaroni or spaghetti (1 c.) | 4 |
| Brown rice (3/4 c.) | 3 |
| Couscous, Macaroni, or Spaghetti (1 c.) | 2 |
| White Rice (2/3 c.) | 1 |
| Rice Noodles | 0 |

CEREALS (serving size and calories vary with each cereal)

| Product | Fiber (g) /serving |
|---|---------------------------|
| General Mills Fiber One (1/2 c. 60 cal) | 14 |
| Kashi Good Friends (1 cup 170 cal) | 12 |
| Kellogg's All-Bran with Extra Fiber (1/2 c. 80 cal) | 10 |
| Post Shredded Wheat 'n Bran (1 1/4 cups 200 cal) | 8 |
| Cascadian Farm Hearty Morning (3/4 c. 200 cal) | 8 |
| Kellogs Raisin Bran (1 c. 190 cal) | 7 |
| Kashi Seven in the Morning (1/2 c 210 cal) | 7 |
| Post Shredded Wheat (1 c. 170 cal) | 6 |
| Post Grape Nuts (1/2 c. 200 cal) | 6 |
| Quaker Oat Bran Cereal (1 c., ckd. 150 cal) | 6 |
| Quaker Crunchy Corn Bran (3/4 cup 90 cal) | 5 |
| Post Bran Flakes (3/4 cup 100 cal) | 5 |
| Health Valley Oat Bran Flakes (3/4 cup 110 cal) | 4 |

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|---|---|
| Quaker Quick Oats or instant oatmeal (1 c., ckd 150 cal) | 4 |
| Cheerios, Cascadian Farm Breakfast O's, or Wheaties (1 c. 110 cal) | 3 |
| Kellogg's Corn Flakes, Product 19, Rick Krispies, or Special K (1 c. 100 cal) | 1 |

CRACKERS AND SNACK FOODS

| Product | Fiber (g)/serving |
|---|--------------------------|
| Wasa Fiber Plus Crispbread (3) | 9 |
| Wasa Hearty Rye Crispbread (3) | 7 |
| Wasa Fiber Rye (3) | 6 |
| No-Oil Tortilla Chips (15-20) | 2-4 |
| Whole Wheat Matzos (1) | 4 |
| Popcorn (4 c.) | 3-4 |
| Ryvita Sesame Rye or Kavli Hearty Thick (2) | 3 |
| Triscuits (13) | 3 |
| Health Valley Rice Bran Crackers (6) | 3 |
| Peanuts ¼ cup | 3 |
| Lundberg Rice Cakes (1) | 2 |
| Stoned Wheat Thins (4) | 1 |
| Quaker Rice Cakes (1) | 0 |

FRUITS AND JUICES

| Product | Fiber (g) /serving |
|--|---------------------------|
| Raspberries | 8 |
| Blackberries (1 c.) | 8 |
| Strawberries (2 c.) | 7 |
| Blueberries, raw (1 c.) | 7 |
| Cranberries (1 c.) | 4 |
| Figs, dried (2) | 5 |
| Apple (1) or Pear (1) with skin | 4 |
| Apple, without skin (1) | 3 |
| Prunes, dried (5) | 3 |
| Fresh figs (2) | 3 |
| Apricots (4) | 3 |
| Banana (1) or Orange (1) | 3 |
| Cantaloupe (2 c.) | 2 |
| Cherries (15) | 2 |
| Apricots, dried (1/4 c.) | 2 |
| Nectarine (1), Plums (2), or Peach (1) | 2 |
| Watermelon (2 c.) | 2 |
| Grapes (20), or Grapefruit (1/2) | 1 |
| Orange juice (1 c.) | 0 |

VEGETABLES

| Product | Fiber (g) /serving |
|--|---------------------------|
| Green peas (1/2 c. frozen) | 5 |
| Green peas (1/2 c. canned) | 4 |
| Broccoli (1 c. cooked) | 5 |
| Broccoli (1 c. raw) | 3 |
| Sweet potato, medium, baked with skin, (1) | 4 |
| Potato, medium, baked with skin (1) | 3 |
| Corn (1/2 c fresh, canned or frozen) | 3 |
| Spinach ¹ (1/2 c. cooked) | 3 |
| Cabbage (1 c. shredded, cooked) | 3 |
| Brussels sprouts (5) | 3 |
| Carrots (1/2 c. cooked) | 3 |
| Carrots, raw (1/2 c.) | 2 |
| Cauliflower or Green beans (1/2 c. cooked) | 2 |
| Lettuce, romaine (1 1/2 c.) | 2 |
| Lettuce, iceberg (1 1/2 c.) | 1 |