The average American consumes <14 g of fiber a day. Current recommendations suggest a daily fiber intake of 25 - 35 grams. Fiber helps reduce cholesterol, blood sugar, constipation and risk of colon cancer. Compare your diet to the chart below to see if you are getting your fiber fill!

### Dietary Fiber Chart

<table>
<thead>
<tr>
<th>Food</th>
<th>Dietary Fiber (g)</th>
<th>Food</th>
<th>Dietary Fiber (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cereals</strong></td>
<td></td>
<td><strong>Vegetables</strong></td>
<td></td>
</tr>
<tr>
<td>All Bran (1/2 cup)</td>
<td>13.2</td>
<td>Beans, green, canned (1/2 cup)</td>
<td>1.8</td>
</tr>
<tr>
<td>Bran Buds</td>
<td>12.0</td>
<td>Beans, kidney, canned (1/2 cup)</td>
<td>5.8</td>
</tr>
<tr>
<td>40% Bran Flakes (1/2 cup)</td>
<td>2.6</td>
<td>Beans, lima, cooked (1/2 cup)</td>
<td>3.1</td>
</tr>
<tr>
<td>Brown rice, cooked (1/2 cup)</td>
<td>1.7</td>
<td>Beans, pinto, canned (1/2 cup)</td>
<td>5.7</td>
</tr>
<tr>
<td>Com Bran (1/2 cup)</td>
<td>4.0</td>
<td>Broccoli (1/2 cup)</td>
<td>3.3</td>
</tr>
<tr>
<td>Com Flakes (1/2 cup)</td>
<td>1.4</td>
<td>Cabbage, cooked (1/2 cup)</td>
<td>2.6</td>
</tr>
<tr>
<td>Fiber One (1/2 cup)</td>
<td>18.0</td>
<td>Carrots (1/2 cup)</td>
<td>1.8</td>
</tr>
<tr>
<td>Grapenuts (1/2 cup)</td>
<td>4.4</td>
<td>Cauliflower (1/2 cup)</td>
<td>0.8</td>
</tr>
<tr>
<td>Miller’s unprocessed bran (1 oz.) (sprinkle on food or mix w/ juice)</td>
<td>4.6</td>
<td>Celery (1/2 cup)</td>
<td>1.1</td>
</tr>
<tr>
<td>Nutrigrain wheat (1/2 cup)</td>
<td>1.4</td>
<td>Com, boiled (1 ear)</td>
<td>3.1</td>
</tr>
<tr>
<td>Oat Bran, cooked (1/2 cup)</td>
<td>2.1</td>
<td>Cucumber (1 medium)</td>
<td>1.5</td>
</tr>
<tr>
<td>Oatmeal, cooked (1/2 cup)</td>
<td>1.8</td>
<td>Lettuce, iceberg (1/2 cup)</td>
<td>0.4</td>
</tr>
<tr>
<td>Rice Krispies (1/2 cup)</td>
<td>0.6</td>
<td>Peas, cooked (1/2 cup)</td>
<td>8.3</td>
</tr>
<tr>
<td>Shredded Wheat, 1 biscuit</td>
<td>3.4</td>
<td>Potatoes, boiled (1 medium)</td>
<td>3.0</td>
</tr>
<tr>
<td>Special K (1/2 cup)</td>
<td>0.4</td>
<td>Spinach (1/2 cup)</td>
<td>1.0</td>
</tr>
<tr>
<td>Wheaties (1/2 cup)</td>
<td>1.3</td>
<td>Tomato (1 small)</td>
<td>1.0</td>
</tr>
<tr>
<td>Wheat Chex (1/2 cup)</td>
<td>1.7</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Breads (1 slice) &amp; Grains</strong></td>
<td></td>
<td><strong>Fruits</strong></td>
<td></td>
</tr>
<tr>
<td>Pumpernickel</td>
<td>0.6</td>
<td>Apple (1 small)</td>
<td>3.4</td>
</tr>
<tr>
<td>Rye, no seeds</td>
<td>0.4</td>
<td>Apricots (2 medium)</td>
<td>1.8</td>
</tr>
<tr>
<td>Rye Krisp Crackers (2)</td>
<td>1.5</td>
<td>Banana (1 small)</td>
<td>2.0</td>
</tr>
<tr>
<td>White Bread</td>
<td>0.2</td>
<td>Cantaloupe (1/4 small)</td>
<td>0.9</td>
</tr>
<tr>
<td>Whole Wheat</td>
<td>1.3</td>
<td>Cherries (15 large)</td>
<td>1.1</td>
</tr>
<tr>
<td>Bulgur, Barley, Rice, cooked (1 cup)</td>
<td>1.0</td>
<td>Grapes (10 medium)</td>
<td>0.5</td>
</tr>
<tr>
<td>Popcom (2 cups)</td>
<td>0.7</td>
<td>Orange, navel (1 small)</td>
<td>2.2</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Pear, Bosc (1 medium)</td>
<td>4.8</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Plums (10 small)</td>
<td>2.1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Raspberries (1/2 cup)</td>
<td>1.9</td>
</tr>
<tr>
<td><strong>Nuts</strong></td>
<td></td>
<td>Strawberries (1/2 cup)</td>
<td>1.7</td>
</tr>
<tr>
<td>Sunflower Seeds (1 tbsp.)</td>
<td>1.1</td>
<td>Blueberries (1/2 cup)</td>
<td>2.5</td>
</tr>
<tr>
<td>Soybean nuts (1 oz.)</td>
<td>1.0</td>
<td>Prunes (5 small)</td>
<td>4.4</td>
</tr>
<tr>
<td>Peanuts, w/skin (1 oz.)</td>
<td>1.0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peanuts, w/o skin (1 oz.)</td>
<td>0.5</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>