

# FIBER SOURCES

Fiber Source	Serving Size	Fiber (g)
<b>CEREAL FIBER</b>		
Ezekiel 4:9, Original	½ cup	6
Weetabix	3 biscuits	6
Kellogg's Raisin Bran	1 cup	7
Post Shredded Wheat, Original	1½ cup	8
Kellogg's All-Bran, Original	¾ cup	12
Kashi GO Cereal, Original	1¼ cup	12
General Mills Fiber One, Original	¾ cup	18
Pumpernickel bread	1 slice	1.7
Rye bread	1 slice	1.9
Whole wheat bread	1 slice	1.9
<b>FRUIT FIBER</b>		
Mango	1 cup, pieces	2.6
Strawberries	1 cup, whole	2.9
Avocado, California (Haas)	½ fruit	4.6
Kiwifruit, green	1 cup, sliced	5.4
Pear	1 medium	5.5
Figs, fresh	5 medium	7.3
Blackberries	1 cup	7.6
Raspberries	1 cup	8
<b>VEGETABLE FIBER</b>		
Brussels sprouts	1 cup, cooked	4
Kale	1 cup, cooked	4.7
Carrots	2 medium	3.4
Beets	1 cup, sliced, cooked	3.4
Swiss chard	1 cup, cooked	3.7
Broccoli	1 cup, chopped, cooked	5
Butternut squash	1 cup, cooked	6.6
Artichoke	1 medium, cooked	6.8
Green peas	1 cup, cooked	8.8

SOURCES: COMPANY WEBSITES; USDA FOODDATA CENTRAL