

Sizing Up Your Soluble Fiber



Food	Serving Size	Total Fiber (grams)	Soluble Fiber (grams)
Grains-Cereals			
Cheerios®	1 cup	3	1
Honey Nut Cheerios®	¾ cup	2	0.75
MultiGrain Cheerios®	1 cup	3	0.50
Oatmeal, cooked	½ cup	2	1
Oatmeal Crisp® Raisin	1 cup	4	1
Wheat Chex®	¾ cup	5	1
Grains-Bread			
Rye Bread	1 slice	1.5	1
White Bread	1 slice	0.5	0
Whole Wheat Bread	1 slice	2	0.5
Grains-Rice, Pasta			
Brown Rice, long grain cooked	½ cup	2	0
Macaroni, cooked	½ cup	1	0.5
Macaroni, whole wheat, cooked	½ cup	2	0.5
Wild Rice, cooked	½ cup	1.5	0
Fruits			
Apple, with skin	1 medium	3.5	1
Apple, without skin	1 medium	2.5	1
Banana	1 medium	3	0.5
Orange	1 medium	3	2
Pear, Bartlett	1 medium	4	2
Prunes	½ cup	6	3
Vegetables			
Beans, green, cooked	½ cup	2	1
Broccoli, cooked	½ cup	1.5	0.5
Brussels Sprouts, cooked	½ cup	4.5	3
Carrots	½ cup	2	1
Collard Greens, cooked	1 cup	5.5	3
Peas, sweet, cooked	½ cup	4.5	1.5
Potato, with skin, cooked	1 medium	3	1
Soybeans, green, cooked	½ cup	4	1.5
Squash, butternut, cooked	½ cup	1.5	0.5
Sweet Potato, with skin, baked	½ cup	4	1.5
Tomato, fresh	½ cup	1	0
Dried Beans and Nuts			
Almonds, roasted with skin	⅓ cup	5	0.5
Chickpeas	½ cup	6	1.5
Kidney Beans	½ cup	6	3
Lentils	½ cup	8	0.5
Pinto Beans	½ cup	7	2
Soynuts, roasted	¼ cup	8	3.5
Sunflower Seeds	¼ cup	3.5	0.5