

# Fiber Content of Foods



- Eating more than the serving size for a moderate or low-fiber food will make it a high-fiber food. Foods made with high-fiber ingredients will also be high in fiber.
- Unless otherwise noted, all foods are cooked: meat is roasted, fish is cooked with dry heat, and vegetables are cooked from fresh. Fruit is raw.
- This is a guide. Actual values may vary depending on product processing. Values are rounded to the closest 0.1-gram (g) increment and may be averaged with similar foods in the same group.

Note: It's important to keep in mind that individual tolerance to different foods can vary, and it's best to work with an IBD dietitian to determine what works best for your specific needs and dietary restrictions.

## Low Fiber (less than 1 gram)

- Bread, white
  - 1 slice
- Cheese, all types
  - 1 oz
- Egg, whole
  - 1 large
- Fruit juice
  - ½ cup
- Soy milk
  - 1 cup
- Spinach, raw
  - 1 cup
- Ice cream
  - ½ cup
- Lettuce, leaf
  - 1 cup
- Meat, poultry, & fish
  - 1 oz
- Milk, all types
  - 1 cup
- Tuna, canned
  - 1 oz
- Waffle or pancake, 4"
  - 1 each
- Peanut butter
  - 2 Tbsp
- Pudding or tapioca
  - ½ cup
- Rice, white
  - ½
- Sour cream
  - 1 oz
- Yogurt
  - 6 oz

## Moderate Fiber (1 - 3.9 grams (g))

- Apple, with skin
  - 1 medium = 3.3 g
- Applesauce
  - ½ cup = 1.5 g
- Apricots
  - 2 each = 1.4 g
- Apricots, canned
  - ½ cup = 2 g
- Apricots, dried
  - 10 halves = 2.6 g
- Avocado, raw
  - 1 oz = 1.9 g
- Bagel, 4"
  - 1 each = 2 g
- Banana
  - 1 medium = 3.1 g
- Barley
  - ½ cup = 3 g
- Beans, green or yellow
  - ½ cup = 2 g
- Blueberries
  - ½ cup = 1.8 g
- Bread: whole wheat or cracked wheat, pumpernickel, rye
  - 1 slice = 2 g
- Broccoli
  - ½ cup = 2.5 g
- Brussels sprouts
  - ½ cup = 2 g
- Cabbage
  - ½ cup = 1.4 g
- Carrots, frozen
  - ½ cup = 2.4 g
- Carrots, raw
  - ½ cup = 1.6 g
- Cauliflower
  - 1/2 cup = 2.5 g
- Cereal, bran with raisins
  - ½ cup = 3.4 g
- Cereal, oat or wheat
  - ½ cup = 2-4 g
- Cherries, fresh
  - 10 each = 1.4 g
- Coconut, shredded
  - 1 oz = 2.5 g
- Corn, canned or frozen
  - ½ cup = 2.1 g
- Cornbread
  - 2-x-2" piece = 1.4 g
- Crackers, whole wheat
  - 4 each = 1.7 g
- Cranberries
  - ½ cup = 2.6 g
- Dates, dried
  - 5 each = 3.3 g
- Eggplant
  - ½ cup = 1.3 g
- English muffin
  - 1 each = 2 g
- Figs, medium
  - 1 each = 1.9 g
- Greens, such as turnip, beet, collards
  - ½ cup = 1.6 - 3.2 g
- Kale, cooked
  - ½ cup = 1.3 g
- Kiwi
  - 1 medium = 2.3 g
- Melon
  - 1 cup = 1.4 g
- Muffin, oat bran
  - 2 oz = 2.7 g
- Nuts: almonds
  - 1 oz = 3.5 g
- Nuts: pistachios, pecans, walnuts
  - 1 oz = 2-3 g
- Oat bran
  - ½ cup = 2.3 g

## Moderate Fiber (1 - 3.9 grams (g))

- Oatmeal
  - ½ cup = 2 g
- Okra
  - ½ cup = 2 g
- Orange, 2.5"
  - 1 each = 3.1 g
- Papaya
  - ½ each = 2.8 g
- Peaches, fresh or canned
  - 1 each or 1/2 cup = 1.5 g
- Peanuts
  - 1 oz = 2.7 g
- Pears, canned
  - ½ cup = 2.1 g
- Peas, green, canned
  - ½ cup = 3.5 g
- Pineapple, fresh
  - ½ cup = 1.1 g
- Plum, 2"
  - 1 each = 1 g
- Raisins, seedless
  - 1/4 cup = 1.4 g
- Seeds, sunflower or pumpkin
  - 1/4 cup = 1.1 g
- Spaghetti, whole wheat
  - ½ cup = 3.2 g
- Spinach, canned
  - ½ cup = 2.6 g
- Spinach, frozen
  - ½ cup = 3.5 g
- Squash, all varieties
  - ½ cup = 2.9 g
- Strawberries
  - ½ cup = 1.7 g
- Tangerine
  - 1 each = 1.5 g
- Tomato sauce, spaghetti or marinara
  - ½ cup = 3.3 g
- Tomatoes, raw
  - 1 medium = 1.5 g
- Tortilla, corn, 6"
  - 1 each = 1.6 g
- Wheat germ
  - 2 Tbsp = 1.7 g

## Higher Fiber (4 grams (g) or more)

- Artichoke
  - 1 medium = 10.3 g
- Beans, baked, plain
  - ½ cup = 5.2 g
- Beans, black
  - ½ cup = 7.5 g
- Beans, kidney, canned
  - 6.9 g
- Beans, lima
  - ½ cup = 6.6 g
- Beans, navy
  - ½ cup = 9.5 g
- Beans, pinto
  - ½ cup = 7.7 g
- Beans, white, canned
  - ½ cup = 6.3 g
- Blackberries
  - ½ cup = 3.8 g
- Bulgur
  - ½ cup = 4.1 g
- Cereal, high fiber, bran
  - ½ cup = 4-9 g
- Chickpeas, canned
  - ½ cup = 5.3 g
- Lentils
  - ½ cup = 7.8 g
- Mixed vegetables, frozen
  - ½ cup = 4 g
- Pear
  - 1 each = 5.1 g
- Peas, green, frozen
  - ½ cup = 4.4 g
- Peas, split
  - ½ cup = 8.2 g
- Potato, baked with skin
  - 1 medium = 4.4 g
- Potato, sweet, baked with skin
  - 1 medium = 4.8 g
- Quinoa
  - ½ cup = 5 g
- Raspberries
  - ½ cup = 4 g
- Soybeans
  - ½ cup = 5.1 g

Sources: US Department of Agriculture Agricultural Research Service. USDA National Nutrient Database for Standard Reference; NutritionData.com.