



<b>Food</b>	<b>Portion</b>	<b>Calories</b>	<b>Fiber (gm)</b>
<b>Almonds</b> - Sliced	1/4 cup	56	2.4
<b>Apple</b> - raw or baked	1 med	70	4
applesauce	2/3 cup	182	2.6
<b>Apricots</b> - raw	1 whole	17	0.8
dried	2 halves	36	1.7
<b>Artichokes</b> - cooked	1 large	30-40	4.5
canned hearts	4 or 5 sm	24	4.5
<b>Asparagus</b> - cooked, small spears	1/2 cup	17	1.7
<b>Avacado</b> - diced	1/4 cup	97	1.7
<b>Avacado</b> - whole	1/2 avg. size	170	2.8
<b>Baked beans</b> - in sauce (8 oz can)	1 cup	180	16
<b>Banana</b>	1 med 8"	96	3
<b>Beans</b>			
black, cooked	1 cup	190	19.4
broad beand (Italian, haricot)	3/4 cup	30	3
Great Northern	1 cup	160	16
kidney beans	1/2 cup	94	9.7
lima, Fordhook baby, butter beans	1/2 cup	118	3.7
pinto, canned or cooked	1 cup	155	18.8
white, canned or cooked	1/2 cup	80	8
<b>Bean Sprouts</b> - raw in salad	1/4 cup	7	0.8
<b>Beets</b> - cooked, sliced	1/2 cup	33	2.5
<b>Blackberries</b> - raw, no sugar	1/2 cup	27	4.4
jam with seeds	1 tbsp	60	0.7
<b>Bran meal</b>	3 tbsp	28	6
<b>Brazil nuts</b> - shelled	2	48	2.5
<b>Bread-</b>			
Boston Brown, Pumpnickel	2 slices	100-116	4
cracked wheat	2 slices	120	3.6
high-bran "health" bread	2 slices	120-160	7
white	2 slices	160	1.9
dark rye (whole grain)	2 slices	108	5.8
seven-grain	2 slices	111-140	6.5
whole wheat	2 slices	120	6
whole wheat raisin	2 slices	140	6.5
<b>Broccoli</b>	1/2 cup	20	4
<b>Brussel Sprouts</b> - cooked	3/4 cup	36	3
<b>Buckwheat grouts (kasha)</b> - cooked	1 cup	160	9.6
<b>Bulgar</b> - soaked, cooked	1 cup	160	9.9
<b>Cabbage- white or red</b> , cooked	2/3 cup	15	3
<b>Cantelope</b>	1/4 cup	38	1
<b>Carrots</b> - raw slivered (4-5 sticks) cooked	1/2 cup	20	3.4
<b>Cauliflower</b> - raw, cooked, chopped	7/8 cup	16	2.3
<b>Celery, Pascal</b> - cooked, raw	1/2 cup	9	3
<b>Cereal</b>			
All-Bran, Bran Buds	1/2 cup	90	10.4
Bran Chex	2/3 cup	90	5
Bran Flakes, plain	1 cup	90	5
Bran Flakes with raisins	1 cup	110	6



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<b>Cereal continued</b>			
Cracklin' Bran	1/2 cup	110	4
Oatmeal	3/4 cup	212	7.7
Nabisco 100% Bran	1/2 cup	105	4
Raisin Bran	1 cup	195	5
Wheatena	2/3 cup	101	2.2
Wheaties	1 cup	104	2
<b>Cherries- sweet, raw</b>	10	28	1.2
<b>Chickpeas (garbanzos)- cooked</b>	1 cup	172	12
<b>Coconut, dried- unsweetened, sweetened</b>	1 tbsp	22/46	3.4
<b>Corn (sweet)- on the cob</b>	1 med ear	64-70	5
kernels, cooked, canned, creamed	1/2 cup	64	5
succotash (with limas)	1/2 cup	66	7
<b>Cornbread</b>	1 sq. (2 1/2")	93	3.4
<b>Crackers- cream</b>	2	50	0.4
grahm	2	53	1.4
Ry-Krisp	3	64	2.3
Triscuts	2	50	2
Wheat Thins	6	58	2.2
<b>Cranberries- sauce, raw</b>	1/2 cup	245/12	4
<b>Cucumber, raw- unpeeled</b>	10 thin sl	12	0.7
<b>Dates, pitted</b>	2 (1/2 oz.)	39	1.2
<b>Eggplant- baked with tomatoes</b>	2 thick sl	42	4
<b>Endive, raw-salad</b>	10 leaves	10	0.6
<b>Figs- dried</b>	3	120	10.5
fresh	1	30	2
<b>Fruit N'Fiber, cereal</b>	1/2 cup	90	3.5
<b>Grapefruit</b>	1/2 (avg. size)	30	0.8
<b>Grapes- white, red, black</b>	15-20	75	1
<b>Green (snap) beans- fresh or frozen</b>	1/2 cup	10	2.1
<b>Greens, cooked- collards, beet greens</b>			
dandelion, kale, Swiss chard, turnip greens	1/2 cup	20	4
<b>Honeydew melon</b>	3" slice	42	1.4
<b>Lentils- brown, cooked</b>	2/3 cup	144	5.5
red, cooked	1 cup	192	6.4
<b>Lettuce- shredded, Boston, leaf, iceberg</b>	1 cup	5	0.8
<b>Macaroni- whole wheat, cooked</b>	1 cup	200	5.7
regular, frozen with cheese, baked	10 oz	506	2.2
<b>Muffins- English, whole wheat</b>	1 whole	125	3.7
bran, whole wheat	2	136	4.6
<b>Mushrooms- raw</b>	5 sm	4	1.4
<b>Noodles- whole wheat egg &amp; spinach</b>	1 cup	200	6
<b>Okra- fresh or frozen, cooked</b>	1/2 cup	13	1.6
<b>Olives- green</b>	6	42	1.2
black	6	96	1.2
<b>Onion- cooked</b>	1/2 cup	22	1.5
<b>Orange</b>	1 lg	70	2.4
<b>Parsley, chopped</b>	2 tbsp	4	0.6
<b>Parsnips, pared- cooked</b>	1 lg	76	2.8



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<b>Peach, raw</b>	1 med	38	2.3
<b>Peanutbutter</b>	1 tbsp	86	1.1
<b>Peanuts, dry roasted</b>	1 tbsp	52	1.1
<b>Pear</b>	1 med	88	4
<b>Peas- green, fresh or frozen</b>	1/2 cup	60	9.1
black-eyed frozen/canned	1/2 cup	74	8
split peas, dried	1/2 cup	63	6.7
cooked	1 cup	126	13.4
<b>Peas &amp; carrots, frozen</b>	1/2 pkg (5 oz)	40	6.2
<b>Peppers- green, sweet, cooked &amp; raw</b>	1/2 cup	13	1.2
red sweet (pimento)	2 tbsp	9	1
<b>Pineapple- fresh, cubed</b>	1/2 cup	41	0.8
canned	1 cup	58-74	0.8
<b>Plums</b>	2 or 3 sm	38-45	2
<b>Popcorn- (no oil butter or margerine)</b>	1 cup	20	1
<b>Potatoes- Idaho baked</b>	1 med (7 oz)	140	5
boiled, all-purpose white/russet	1 med (5 oz)	100	3.5
mashed potato (with 1 tbsp milk)	1/2 cup	85	3
sweet, baked or boiled	1 sm (5oz)	146	4
<b>Prunes, pitted</b>	3	122	1.9
<b>Radishes</b>	3	5	0.1
<b>Raisins</b>	1 tbsp	29	1
<b>Raspberries, red- fresh/frozen</b>	1/2 cup	20	4.6
raspberry jam	1 tbsp	75	1
<b>Rhubarb, cooked with sugar</b>	1/2 cup	169	2.9
<b>Rice- white (before cooking)</b>	1/2 cup	79	2
brown (before cooking)	1/2 cup	83	5.5
instant	1 serv	79	0.7
<b>Rutabaga (yellow turnip)</b>	1/2 cup	40	3.2
<b>Sauerkraut, canned</b>	2/3 cup	15	3.1
<b>Shredded wheat- Large biscuit</b>	1 piece	74	2.2
spoon size	1 cup	168	4.4
<b>Spaghetti, whole wheat, plain</b>	1 cup	200	5.6
<b>Spinich, raw</b>	1 cup	8	3.5
cooked	1/2 cup	26	7
<b>Squash- summer (yellow)</b>	1/2 cup	8	2
winter, baked, or mashed	1/2 cup	40-50	3.5
zucchini, raw or cooked	1/2 cup	7	3
<b>Strawberries, without sugar</b>	1 cup	45	3
<b>Sunflower, kernels</b>	1 tbsp	65	0.5
<b>Tomato- raw</b>	1 sm	22	1.4
sauce	1/2 cup	20	0.5
<b>Tortillas</b>	2	140	4
<b>Turnip, white- cooked, raw</b>	1/2 cup	18	2
<b>Walnuts- English, shelled, chopped</b>	1 tbsp	49	1.1
<b>Watercress, raw</b>	1/2 cup	4	1
<b>Watermelon</b>	1 thick slice	68	2.8
<b>Yam- Cooked or baken in skined</b>	1 med	156	6.8