

Fiber Facts

What is fiber?

Fiber is a plant based nutrient that is a type of carbohydrate, but is not broken down by the body. It is important for digestion and regularity, weight management, blood sugar management, cholesterol maintenance and more.

Soluble Fiber

- Absorbs water
- Softens stool
- Adds bulk to stool

vs.

Insoluble Fiber

- Does not dissolve in water
- Helps move material through the colon by increasing the bulk of the stool

American Heart Association Recommended Fiber Intake (grams)

Age (years)	Male	Female
1-3	19	19
4-8	25	25
9-13	31	26
14-18	38	26

Soluble Fiber and Insoluble Fiber Food List with Fiber Grams (g)

Fresh & Dried Fruits	Serving Size	Soluble Fiber (g)	Insoluble Fiber (g)	Total Fiber (g)
Apple, with skin	1 medium	4.2	1.5	5.7
Apricots, dried	4 medium	1.8	1.7	3.5
Banana	1 medium	2.1	0.07	2.17
Blackberries	1/2 cup	3.1	0.07	3.17
Blueberries	1 cup	1.7	2.5	4.2
Figs, dried	3 medium	3.0	2.3	5.3
Grapefruit	1/2 fruit	2.4	0.7	3.1
Kiwi Fruit	1 large	2.4	0.8	3.2
Orange	1 medium	2.1	1.3	3.4
Pear	1 medium	0.8	3.2	4.0
Plums	2 medium	1.2	1.0	2.2
Prunes, dried	4 medium	1.3	1.8	3.1
Raspberries	1/2 cup	0.9	2.3	3.2
Strawberries	1 cup	1.8	2.6	4.4

Nuts, Seeds, & Beans	Serving Size	Soluble Fiber (g)	Insoluble Fiber (g)	Total Fiber (g)
Almonds, raw	1 ounce	0.7	3.5	4.2
Black Beans, cooked	1/2 cup	3.8	3.1	6.9
Black-eyed Peas, cooked	1/2 cup	2.2	1.9	4.1
Flaxseeds	2 tbsp.	2.7	2.1	4.8
Garbanzo Beans, cooked	1/2 cup	1.2	2.8	4.0
Kidney Beans, cooked	1/2 cup	2.9	2.9	5.8
Lentils, cooked	1/2 cup	2.8	3.8	6.6
Peanuts, dry roasted	1 ounce	1.1	1.2	2.3
Pinto Beans, cooked	1/2 cup	5.5	1.9	7.4
Psyllium Seed Husks	2 tbsp.	7.1	0.9	8.0
Sesame Seeds	1/4 cup	0.7	2.6	3.3
Split Peas, cooked	1/2 cup	1.1	2.4	3.5
Sunflower Seeds	1/4 cup	1.1	1.9	3.0
Walnuts	1 ounce	0.6	2.5	3.1
White Beans, cooked	1/2 cup	3.8	0.4	4.2

Vegetables	Serving Size	Soluble Fiber (g)	Insoluble Fiber (g)	Total Fiber (g)
Artichoke, cooked	1 medium	4.7	1.8	6.5
Asparagus, cooked	1/2 cup	1.7	1.1	2.8
Broccoli, raw	1/2 cup	1.3	1.4	2.7
Brussels Sprouts, cooked	1 cup	1.7	1.9	3.8
Carrots, raw	1 medium	1.1	1.5	2.6
Green Peas, cooked	1/2 cup	3.2	1.2	4.4
Green Beans, cooked	1/2 cup	0.8	1.2	2.0
Kale, cooked	1 cup	2.1	5.1	7.2
Lima Beans, cooked	1/2 cup	2.1	2.2	4.3
Okra, cooked	1/2 cup	3.1	1.0	4.1
Potato with skin	1 medium	2.4	2.4	4.8
Soybeans (edamame)	1/2 cup	2.7	2.2	4.9
Squash, summer, cooked	1/2 cup	1.3	1.2	2.5
Squash, winter, cooked	1/2 cup	1.7	1.4	2.1
Sweet Potato, peeled	1 medium	2.7	2.2	4.9
Tomato with skin	1 medium	0.3	1.0	1.3
Zucchini, cooked	1 medium	1.4	1.2	2.6

Whole Grains	Serving Size	Soluble Fiber (g)	Insoluble Fiber (g)	Total Fiber (g)
Barley, cooked	1/2 cup	3.3	0.9	4.2
Brown Rice, cooked	1/2 cup	1.3	0.1	1.4
Millet, cooked	1/2 cup	2.7	0.8	3.5
Oat Bran, cooked	3/4 cup	2.2	1.8	4.0
Oatmeal, dry	1/3 cup	1.4	1.3	2.7
Oatmeal, cooked	1 cup	2.4	1.6	4.0
Popcorn, air popped	3 cups	3.2	0.4	3.6
Pumpernickel Bread	1 slice	1.8	1.2	3.0
Quinoa (seeds), dry	1/4 cup	2.5	3.8	6.3
Quinoa, cooked	1/2 cup	1.7	2.5	4.2
Rye Bread	1 slice	1.9	0.8	2.7
Wheat Bran	1/2 cup	11.3	1.0	12.3
Wheat Germ	3 tbsp.	3.2	0.7	3.9
Wholegrain Bread	1 slice	2.8	0.1	2.9
Whole Wheat Bread	1 slice	1.6	0.3	1.9
Wholegrain Pasta, cooked	1 cup	4.1	2.2	6.3