

Sources of Detary Fiber: 2015-2020 USDA Dietary Guidelines					
		Standard	Calories	Dietary Fiber	
		Portion Size	in Std Portion	in Std Portion (g)	
Beans					
	Pinto Beans, Cooked	1/2 cup	122	7.7	
	Black Beans, Cooked	1/2 cup	114	7.5	
	White Beans, Canned	1/2 cup	149	6.3	
	Chickpeas	1/2 cup	135	6.3	Source: nutritiondata.self.com
	Kidney Beans, Cooked	1/2 cup	112	5.7	
	Baked Beans, canned, plain	1/2 cup	119	5.2	
	Refried beans, canned	1/2 cup	107	4.4	
Cereals and Muffin					
	Wheat Bran Flakes: (Various Ready-to-Eat Cereals)	3/4 cup	98	5.5	to
	Oatmeal (Quaker Quick-1-Minute)	1/2 cup	150	4.0	Source: Quaker label
	Oat Bran Muffin	1 small	178	3.0	
Fruit					
	Pear, raw	1 medium	101	5.5	
	Avocado	1/2 cup	120	5.0	
	Apple, with skin	1 medium	95	4.4	
	Raspberries	1/2 cup	32	4.0	
	Blackberries	1/2 cup	31	3.8	
	Orange	1 medium	69	3.1	
	Banana	1 medium	105	3.1	
	Guava	1 fruit	37	3.0	
	Dates	1/4 cup	104	2.9	
Vegetables					
	Green Peas, Cooked: (Fresh, Frozen, Canned)	1/2 cup	59	3.5	
	Mixed Vegetables Cooked from Frozen	1/2 cup	59	4.0	
	Sweet Potato, Baked in Skin	1 medium	103	3.8	
	Potato, Baked in Skin	1 medium	163	3.6	
	Parsnips, Cooked	1/2 cup	55	3.1	
	Winter Squash, cooked	1/2 cup	38	2.9	
	Green Beans	1/2 cup (10 beans, 4")	17	1.9	Source: nutritiondata.self.com
	Asparagus	10 medium spears	32	3.0	Source: nutritiondata.self.com
Seeds and Nuts					
	Pumpkin seeds, whole, roasted	1 ounce	126	5.2	
	Chia seeds, Dried	1 Tbsp	58	4.1	
	Almonds	1 ounce	164	3.5	
	Sunflower Seed Kernels, Dry Roasted	1 ounce	165	3.1	
	Pistachios, Dry Roasted	1 ounce	161	2.8	
	Pecans, Oil Roasted	1 ounce	203	2.7	
	Hazelnuts or Filberts	1 ounce	178	2.7	
	Peanuts, Dry Roasted	1 ounce	170	2.7	
Grains and Pasta					
	Bulgur, Cooked	1/2 cup	76	4.1	
	Whole Wheat Spaghetti, cooked	1/2 cup	87	3.2	
	Pearled Barley, Cooked	1/2 cup	97	3.0	
	Quinoa, Cooked	1/2 cup	111	2.6	
	Brown Rice, whole grain, cooked	1/2 cup	108	1.8	Source: nutritiondata.self.com
Snacks					
	Plain Rye Wafer Crackers	2 wafers	73	5.0	
	Popcorn, Air-Popped	3 cups	93	3.5	
Bread					
	Whole Wheat Bread	1 slice	69	1.9	Source: nutritiondata.self.com
	Sourdough Bread	1 slice	93	0.8	Source: nutritiondata.self.com
	Bagel (plain, unenriched, toasted)	1/2 bagel	145	1.2	Source: nutritiondata.self.com