Fiber Content of Foods

Drinking plenty of fluids and consuming foods high in fiber can help with constipation. See the list below for the fiber content of some common foods.

Food Group	Food Item	Amount	Grams of Fiber
Starches and Grains	Cheerios	1 Cup	3
	Kellogg's Corn Flakes	1 Cup	0.7
	Rice Krispies	1 ¼ Cup	0.3
	Quaker Oat Life Cereal	¾ Cup	2.1
	Oatmeal, instant (cooked)	½ Cup	2
	Kellogg's Frosted Mini Wheats	1 Cup	5.1
	Rice, brown, long-grain (cooked)	1 Cup	3.5
	Rice, white, long-grain (cooked)	1 Cup	0.6
	Macaroni, cooked, enriched	1 Cup	2.5
Legumes	Beans, baked, canned, plain or vegetarian	½ Cup	5.2
	Beans, kidney, canned	½ Cup	6.8
	Beans, pinto, dried (cooked)	½ Cup	7.7
	Beans, pinto, canned	½ Cup	5.5
Breads and Crackers	Graham crackers, plain or honey	2 squares	0.7
	Saltine crackers	3	0.3
	Pretzels, plain, salted	10 pieces	1.8
	Bread, whole wheat	1 slice	1.9
	Bread, white	1 slice	0.7
	Bread, raisin	1 slice	1.2
	Bagel, plain	3 oz	2
	Tortilla, flour	1 oz	0.9
	Tortilla, corn	1 small	1.5
	Bun, hamburger or hotdog	1 small	0.9
Fruits	Apple, raw with skin	1 medium	4.4
	Applesauce, sweetened	½ Cup	1.5
	Banana	½ medium	1.5
	Grapes	10 grapes	0.4
	Orange	1 small	2.3
	Raisin	1.5 oz	1.6
	Melon	1 Cup	1.4
Vegetables	Green beans, canned	½ Cup	1.3
	Carrots (cooked)	½ Cup	2.3
	Broccoli (cooked)	½ Cup	2.8
	Peas, frozen (cooked)	½ Cup	4.4
	Potatoes, mashed	½ Cup	1.6
	Lettuce	1 Cup	0.5
	Corn, canned	½ Cup	1.6
	Tomato	½ Cup	1.1

Information taken from the USDA National Nutrient Database, 2008.

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