

## FOOD SERVINGS WITH ABOUT 3 GRAMS OF FIBER

### **Fruits with about 3 grams of fiber**

One medium apple with the peel  
One quarter of a fresh avocado (no peel)  
One fresh, whole banana (no peel)  
 $\frac{3}{4}$  cup fresh blueberries  
 $\frac{1}{4}$  cup cantaloupe  
 $\frac{3}{4}$  cup sweet cherries  
 $\frac{1}{2}$  cup raw chopped cranberries  
 $\frac{3}{4}$  grapefruit (no peel)  
 $1\frac{1}{2}$  cups grapes  
1 medium orange (no peel)  
 $\frac{1}{2}$  fresh pear  
 $1\frac{1}{2}$  cups raw pineapple (no peel)  
6 dried prunes  
 $\frac{1}{4}$  cup raisins  
 $\frac{1}{2}$  cup fresh raspberries  
 $1\frac{1}{2}$  cups fresh strawberries

### **Vegetables and Legumes with about 3 grams of fiber**

$\frac{1}{2}$  artichoke (boiled)  
 $\frac{1}{3}$ -cup artichoke hearts (boiled)  
 $\frac{3}{4}$  cup asparagus  
 $\frac{3}{4}$  cup green beans  
 $\frac{1}{4}$  cup cooked kidney beans, black beans or navy beans  
 $\frac{3}{4}$  cups beets (boiled, sliced)  
 $1\frac{1}{2}$  cups raw broccoli  
 $\frac{1}{2}$  cup broccoli (boiled, chopped)  
 $\frac{3}{4}$  cup Brussels sprouts (cooked)  
 $\frac{3}{4}$  cup cabbage (raw, shredded)  
 $\frac{1}{4}$  cup carrots (raw or cooked)  
 $\frac{3}{4}$  cup cooked cauliflower  
 $\frac{3}{4}$  cup diced celery  
 $\frac{3}{4}$  cup corn  
 $\frac{1}{4}$  cup cooked lentils  
 $1\frac{1}{2}$  cups Romaine lettuce  
3 cups iceberg lettuce  
 $\frac{3}{4}$  cups mushrooms (cooked)  
 $\frac{1}{4}$  cup onions (raw)

½ cup green peas (cooked)  
1 baked medium baked potato with skin (3 without skin)  
1/3-cup sauerkraut  
½ cup winter squash (baked)  
½ cup sweet potato (baked, peeled)  
1 large ripe tomato  
15 cherry tomatoes  
¾ cups turnips (cooked)

**Grains with about 3 grams of fiber**

1 slice whole-wheat bread  
1/2 whole-grain bagel  
1 whole-wheat English muffin  
½ cup cooked barley  
1/3 cup cooked bulgur  
¾ cups cooked brown rice  
1/3 cup dry cornmeal  
2 T. dark rye flour  
3 T. wheat germ  
¼ cup whole-wheat flour  
¾ cup cooked oatmeal  
½ cup cooked whole wheat or tri-color pasta  
3 cups air-popped popcorn

**Nuts and seeds with about 3 grams of fiber**

3 T. almonds  
¼ cup Brazil nuts  
¾ cups cashew  
1T. flax seed  
2 T. hazelnuts (filberts)  
¼ cup Macadamia nuts  
¼ cup peanuts  
¼ cup pecans  
¼ cup pistachios  
6 T. pumpkin seeds  
3 T. sesame seeds  
¼ cup sunflower seeds  
6 T. walnuts