

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