

# SOLUBLE FIBER FOOD CHART

<b>Food</b>	<b>Serving Size</b>	<b>Soluble Fiber</b>
<b>Fruit</b>		
Naval Orange	1 cup slices	2.3g
Strawberries	1 cup sliced	1.5g
Grapefruit	1 medium	1.5g
Nectarine	1 fruit	1.4g
Peach w/ skin	1 medium	1.4g
Avocado	1/2 of a fruit	1.3g
Apple	1 medium	1g
Plum	1 fruit	0.75g
Banana	1 small	0.6g
<b>Vegetables</b>		
Carrots	1 cup cooked	2.4g
Green beans	1 cup cooked	1.8g
Broccoli	1 cup cooked	1.8g
Baked potato w/skin	1 medium	1g
Green peppers, raw	1 cup sliced	0.5g
Cauliflower	1 cup raw	0.5g
<b>Beans/Legumes</b>		
Kidney Beans, canned	1/2 cup	1.75g
Pinto beans, canned	1/2 cup	1.3g
Lima beans	1/2 cup cooked	0.9g
Lentils, cooked	1/2 cup	0.5g
Chickpeas, canned	1/2 cup	0.5g
<b>Grains/Nuts/Seeds</b>		
Oatmeal	1 cup cooked	3.4g
Flaxseed	2 tbsp	2.5g
Brown rice	1 cup cooked	0.8g
Soft Whole Wheat Bread	2 slices	0.8g
Almonds	1 oz	0.3g

