

# HIGH FIBER DIET

	Household serving sizes (medium sizes)	Serving Size (g)	Serving Size (oz)	Calories (Kcal)	Protein (g)	Carbo-hydrates (g)	Fat (g)	Sodium (mg)	Dietary Fiber (g)	Vitamin A (% of U.S. RDA)	Vitamin C (% of U.S. RDA)	Calcium (% of U.S. RDA)	Iron (% of U.S. RDA)
APPLE	1	154	5.5	80	0	18	1	0	5		6		
ASPARAGUS	5 spears	93	3.5	18	2	2	0	0	2	10	10		
AVOCADO	1/3	55	2	120	1	3	12	5	2		5		
BANANA	1	126	4.5	120	1	28	1	0	3		15		2
BELL PEPPER	1	148	5.5	25	1	5	1	0	2	2	130		
BROCCOLI	1 stalk	148	5.5	40	5	4	1	75	5	10	240	6	4
CABBAGE	1/12 head	84	3	18	1	3	0	30	2		70	4	
CANTALOUPE	¼ melon	134	5	50	1	11	0	35	0	80	90	2	2
CARROT	1 7 in. 1¼ diam.	78	3	40	1	8	1	40	1	230	8	2	
CAULIFLOWER	1/5 head	99	3	18	2	3	0	45	2		110	2	2
CELERY	2 stalks	110	4	20	1	4	0	140	2		15	4	
CHERRY	21	140	5	90	1	19	1	0	3		10	2	
CUCUMBER	1/3	99	2.5	18	1	3	0	0	0	4	6	2	2
GRAPE	1 ½ cups	135	5	35	1	24	0	0	0	3	9	2	2
GRAPEFRUIT	½	154	5.5	50	1	14	0	0	5	6	90	4	
GREEN BEAN	¾ cup cut	83	3	14	1	2	0	0	3	2	8	4	
GREEN ONION	¼ c chopped	25	1	7	0	1	0	0	5	3	20		5
HONEY DEW	1/12	134	5	50	1	12	0	50	1		40		2
ICEBERG LETTUCE	1/5	59	3	20	1	4	0	12	1	2	4		
KIWI	2	145	5.5	90	1	18	1	0	4	2	230	4	4
LEAF LETTUCE	1 ½ c shredded	82	3	12	1	1	0	40	1	20	4	4	
LEMON	1	58	2	18	0	4	0	10	0		35	2	
LIME	1	67	2.5	20	0	7	0	1	3		35	2	2
MUSHROOMS	5	84	3	25	3	3	0	0	0		2		
NECTARINES	1	140	5	70	1	16	1	0	3	20	10		
ONION	1	148	5.5	60	1	14	0	10	3		20	4	
ORANGES	1	154	5.5	50	1	13	0	0	6		120	4	
PEACH	2	174	6	70	1	19	0	0	1	20	20		
PEAR	1	166	6	100	1	25	1	1	4		10	2	2
PINEAPPLE	2 2 in. slices	112	4	90	1	21	1	10	2		35		
PLUM	2	132	4.5	70	1	17	1	0	1	9	20		
POTATO	1	148	5.5	110	3	23	0	10	3		50		8
RADISHES	7	85	3	20	0	3	0	35	0		30		
STRAWBERRIES	8	147	5.5	50	1	13	0	0	3		140	2	2
SUMMER SQUASH	½	90	3.5	20	1	3	0	0	1	4	25	2	2
SWEET CORN	1 ear	90	3	75	3	17	1	15	1	5	10		3
SWEET POTATO	1	130	4.5	140	2	32	0	15	3	520	50	3	4
TANGERINE	2	168	6	70	1	19	0	2	2	20	85	2	
TOMATO	1	145	5.5	25	1	6	1	10	1	20	40		2
WATERMELON	2 cups diced	230	10	80	1	19	0	10	1	8	25		2