

## Sources of Soluble Fiber

<b>Food Source</b>	<b>Total Fiber (g)</b>	<b>Soluble Fiber (g)</b>
<b>Cereal Grains (½ cup cooked)</b>		
Barley	4.0	1.0
Oatmeal	2.0	1.0
Oatbran	3.0	1.0
<b>Seeds (1 tablespoon)</b>		
Ground Psyllium Seeds	6.0	5.0
Ground Flax Seeds	4.0	2.0
<b>Fruit (1 medium fruit)</b>		
Apples	4.0	1.0
Apricots (1 cup)	3.7	2.0
Bananas	3.0	1.0
Blackberries (½ cup)	4.0	1.0
Citrus Fruit (orange, grapefruit)	2.0 to 3.0	2.0
Nectarine or Peach	2.0	1.0
Pears	4.0	2.0
Plums	1.5	1.0
Prunes (¼ cup)	3.0	1.5
Strawberries (1 cup)	4.3	3.4
<b>Legumes (½ cup cooked)</b>		
Black Beans	5.5	2.0
Black Eyed Peas	5.5	1.0
Chick Peas	6.0	1.0
Kidney Beans	6.0	3.0
Lentils (yellow, green, orange)	8.0	1.0
Lima Beans	6.5	3.5
Navy Beans	6.0	2.0
Northern Beans	5.5	1.5
Peanuts (Roasted)	6.1	1.3
Pinto Beans	7.0	2.0
<b>Vegetables (½ cup cooked)</b>		
Broccoli	1.5	1.0
Brussels Sprouts	4.5	3.0
Cabbage	2.1	1.2
Carrots	2.5	1.0
Green Peas	4.4	1.3
<b>Starches (½ cup cooked)</b>		
Winter Squash	4.0	2.3
Sweet Potato	3.8	1.4
<b>Fiber Supplements</b>		
FiberChoice®	4.0	4.0
Citrucel® (1 Tbsp)	2.0	2.0
Metamucil® (1 dose)	3.0	2.4
Metamucil® Wafers (2)	6.0	3.0