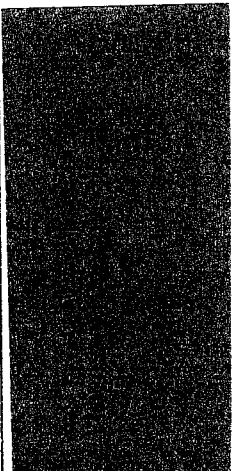


Fiber Content Chart

Size of Dose/ Serving Soluble Fiber Content per Serving (g) Insoluble Fiber Content per Serving (g) Total Fiber Content per Serving (g)



Vegetables: (cooked, unless otherwise noted)

Artichoke	1 globe	4.7	1.8	6.5
Asparagus	1/2 cup	0.7	1.1	1.8
Beans				
green/string canned	1/2 cup	0.5	0.8	1.3
kidney	1/2 cup	2.9	2.9	5.7
lima	1/2 cup	2.6	3.6	6.1
pinto	1/2 cup	1.9	5.5	7.4
white	1/2 cup	4.1	4.1	5.5
Broccoli	1/2 cup	1.4	1.4	2.8
Cabbage, green	1/2 cup	1.2	1.0	2.1
Cabbage, green (raw)	1/2 cup	0.3	0.5	0.8
Carrots	1/2 cup	1.1	1.5	2.6
Cauliflower	1/2 cup	0.6	1.4	2.0
Cauliflower (raw)	1/2 cup	0.5	0.8	1.3
Celery (raw)	1/2 cup	0.4	0.7	1.0
Collard greens	1/2 cup	1.1	0.2	1.3
Corn	1/2 cup	0.3	1.7	2.0
Cucumber (raw)	1/2 cup	0.1	0.4	0.4
Eggplant	1/2 cup	0.3	0.9	1.2
Green Peas	1/2 cup	1.3	3.1	4.4
Lettuce, iceberg (raw)	1/2 cup	0.1	0.3	0.4
Onions (raw)	1/2 cup	0.9	0.6	1.4
Potato (baked with skin)	1/2 cup	1.4	2.4	3.8
Spinach	1/2 cup	0.6	0.9	1.5
Squash, acorn (baked)	1/2 cup	0.5	2.2	2.7
Tomato (raw)	1/2 cup	2.3	1.7	4.0
Zucchini	1/2 cup	0.1	0.9	1.0
	1/2 cup	0.5	0.7	1.3

Item	Size of Dose/ Serving	Soluble Fiber Content per Serving (g)	Insoluble Fiber Content per Serving (g)	Total Fiber Content per Serving (g)
Fruits: (raw, unless otherwise noted)				
Apple (with peel)	1 medium	1.0	2.8	3.7
Apricots	1 cup	2.0	1.7	3.7
Banana	1 medium	0.7	2.1	2.7
Blackberries	1 cup	1.4	5.8	7.2
Blueberries	1 cup	0.4	3.5	3.9
Boysenberries	1 cup	1.4	5.8	7.2
Cantaloupe	1 wedge	0.3	1.0	1.3
Grapefruit	1 medium	2.3	0.5	2.8
Grapes	1 cup	0.6	1.0	1.6
Orange	1 medium	1.8	1.3	3.1
Pear (with peel)	1 medium	2.2	1.8	4.0
Pineapple	1 cup	0.2	1.7	1.9
Plums	1 medium	0.5	0.5	1.0
Prunes (dried)	1/2 cup	3.1	2.7	5.7
Raspberries	1 cup	0.9	7.5	8.4
Strawberries	1 cup	3.4	0.9	3.4
Watermelon	1 slice	0.3	0.5	0.8

Grain products and Others:

Bread:				
french	1 slice	0.5	0.3	0.8
rye	1 slice	0.8	0.8	1.6
white	1 slice	0.3	0.3	0.6
whole wheat	1 slice	0.3	1.6	2.0
Cereal:				
bran	1 ounce	0.8	8.9	9.7
corn flakes	1 ounce	0.1	1.0	1.0
oat bran (uncooked)	1 ounce	2.0	2.3	4.3
oatmeal (uncooked)	1 ounce	1.4	1.6	3.0
shredded wheat	1 ounce	0.5	2.3	2.8
Crackers:				
graham	1 square	0.04	0.03	0.07
saltine	1 regular	0.04	0.03	0.09
Rice:				
brown (cooked)	1/2 cup	0.1	1.6	1.8
white (cooked)	1/2 cup	0.1	0.2	0.3
Spaghetti	2 ounces	1.3	0.8	2.1
Almonds (roasted)	1/2 cup	0.6	5.6	6.4
Peanuts (roasted)	1/2 cup	1.3	4.9	6.1

Compliments of METAMUCIL

*ANY VARIATION BETWEEN THE SUM OF SOLUBLE AND INSOLUBLE FIBER AND TOTAL FIBER IS DUE TO STATISTICAL ROUNDING. REFERENCE: NUTRIENT CALCULATIONS ARE BASED ON SOFTWARE VERSION 2.91 OF THE MINNESOTA NUTRITION DATA SYSTEM (MDS) SOFTWARE DEVELOPED BY THE NUTRITION COUNSELING CENTER, UNIVERSITY OF MINNESOTA, MINNEAPOLIS, MN

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