



How much fiber are you getting?

Fiber Content of Foods

Food	Serving Size	Grams of Fiber
Lima Beans	3/4 cup	9.8
Figs	5	8.6
Chickpeas/ Garbanzo	3/4 cup	6.9
Lentils	3/4 cup	6.0
Pinto Beans	3/4 cup	5.6
Pear	1 medium	5.2
Sweet Potato	1 medium	4.6
Avocado	1 medium	4.6
Red Kidney Beans	3/4 cup	4.5
Raisins	1/2 cup	4.0
Potato (baked)	1 medium	3.9
Hummus	3/4 cup	3.4
Prunes	5	3.0
Corn kernels (raw)	1/2 cup	3.0
Wheat Pita	1	2.8
Peach	1 medium	2.8
Apple	1 medium	2.6
Carrots	1 medium	2.3
Peanuts (dry roasted)	1 oz	2.3
Popcorn	1/2 cup	1.7
Cashews	1 oz	1.7
Rice (brown)	1/2 cup	1.6
Banana	1 medium	1.4
Cauliflower (raw)	1/2 cup	1.2
Green Beans	1/2 cup	1.1
Plums	1 medium	1.0
Coleslaw	1/2 cup	0.9
Onions (raw)	1/2 cup	0.9
Rice (white)	1/2 cup	0.8
Cabbage (red)	1/2 cup	0.7
Grapefruit	1/2 medium	0.6
Watermelon	1/2 cup	0.5



The Chicago Partnership for Health Promotion is funded by the USDA Food Stamp Program to encourage Chicago families to make healthier food choices, learn to prepare and consume healthier foods every day and be more physically active. The University of Illinois at Chicago Neighborhoods Initiative is the Land Grant Administrative Hub for CPHP. The USDA, UIC and CPHP are equal opportunity providers and employers. For more information about partnership or CPHP programs in your community, contact CPHP at 312-355-3659. www.cphp.uic.edu



The Chicago Partnership for Health Promotion is funded by the USDA Food Stamp Program to encourage Chicago families to make healthier food choices, learn to prepare and consume healthier foods every day and be more physically active. The University of Illinois at Chicago Neighborhoods Initiative is the Land Grant Administrative Hub for CPHP. The USDA, UIC and CPHP are equal opportunity providers and employers. For more information about partnership or CPHP programs in your community, contact CPHP at 312-355-3659. www.cphp.uic.edu