



Food Sources of *soluble fiber*

Food Source	SolubleFiber (g)	TotalFiber (g)
CEREAL GRAINS (1/2 cup cooked)		
Barley	1	4
Oatmeal	1	2
Oatbran	1	3
Seeds		
Psyllium seeds, ground (1 Tbsp)	5	6
FRUIT (1 medium fruit)		
Apple	1	4
Bananas	1	3
Blackberries (½ cup)	1	4
Citrus Fruit (orange, grapefruit)	2	2-3
Nectarines	1	2
Peaches	1	2
Pears	2	4
Plums	1	1.5
Prunes (¼ cup)	1.5	3
LEGUMES (½ cup cooked)		
Beans		
Black Beans	2	5.5
Kidney Beans	3	6
Lima Beans	3.5	6.5
Navy Beans	2	6
Northern Beans	1.5	5.5
Pinto Beans	2	7
Lentils (yellow, green, orange)	1	8
Peas		
Chick Peas	1	6
Black eyed Peas	1	5.5
VEGETABLES (½ cup cooked)		
Broccoli	1	1.5
Brussels Sprouts	3	4.5
Carrots	1	2.5
