

Soluble Fiber and Insoluble Fiber Foods List with Fiber Grams (g)

| Fresh & Fried Fruits | Serving Size | Soluble Fiber (g) | Insoluble Fiber (g) |
|---------------------------------|---------------------|--------------------------|----------------------------|
| Apple, with skin | 1 medium | 4.2 | 1.5 |
| Apricots, dried | 4 medium | 1.8 | 1.7 |
| Banana | 1 medium | 2.1 | 0.07 |
| Blackberries | 1/2 cup | 3.1 | 0.07 |
| Blueberries | 1 cup | 1.7 | 2.5 |
| Figs, dried | 3 medium | 3.0 | 2.3 |
| Grapefruit | 1/2 fruit | 2.4 | 0.7 |
| Kiwi Fruit | 1 large | 2.4 | 0.8 |
| Orange | 1 medium | 2.1 | 1.3 |
| Pear | 1 medium | 0.8 | 3.2 |
| Plums | 2 medium | 1.2 | 1.0 |
| Prunes, dried | 4 medium | 1.3 | 1.8 |
| Raspberries | 1/2 cup | 0.9 | 2.3 |
| Strawberries | 1 cup | 1.8 | 2.6 |

| Nuts, Seeds & Beans | Serving Size | Soluble Fiber (g) | Insoluble Fiber (g) |
|--------------------------------|---------------------|--------------------------|----------------------------|
| Almonds, raw | 1 ounce | 0.7 | 3.5 |
| Black beans, cooked | 1/2 cup | 3.8 | 3.1 |
| Black-eyed Peas, cooked | 1/2 cup | 2.2 | 1.9 |
| Flaxseeds | 2 tbsp. | 2.7 | 2.1 |
| Garbanzo beans, cooked | 1/2 cup | 1.2 | 2.8 |
| Kidney beans, cooked | 1/2 cup | 2.9 | 2.9 |
| Lentils, cooked | 1/2 cup | 2.8 | 3.8 |
| Peanuts, dry roasted | 1 ounce | 1.1 | 1.2 |
| Pinto beans, cooked | 1/2 cup | 5.5 | 1.9 |
| Psyllium seed husks | 2 tbsp. | 7.1 | 0.9 |
| Sesame seeds | 1/4 cup | 0.7 | 2.6 |
| Spilt peas, cooked | 1/2 cup | 1.1 | 2.4 |
| Sunflower seeds | 1/4 cup | 1.1 | 1.9 |
| Walnuts | 1 ounce | 0.6 | 2.5 |
| White beans, cooked | 1/2 cup | 3.8 | 0.4 |

| Vegetables | Serving Size | Soluble Fiber (g) | Insoluble Fiber (g) |
|-------------------------|---------------------|--------------------------|----------------------------|
| Artichoke, cooked | 1 medium | 4.7 | 1.8 |
| Asparagus, cooked | 1/2 cup | 1.7 | 1.1 |
| Broccoli, raw | 1/2 cup | 1.3 | 1.4 |
| Brussel sprouts, cooked | 1 cup | 1.7 | 1.9 |
| Carrots, raw | 1 medium | 1.1 | 1.5 |
| Green peas, cooked | 1/2 cup | 3.2 | 1.2 |
| Green beans, cooked | 1/2 cup | 0.8 | 1.2 |
| Kale, cooked | 1 cup | 2.1 | 5.1 |
| Lima beans, cooked | 1/2 cup | 2.1 | 2.2 |
| Okra, cooked | 1/2 cup | 3.1 | 1.0 |
| Potato with skin | 1 medium | 2.4 | 2.4 |
| Soybeans (edamame) | 1/2 cup | 2.7 | 2.2 |
| Squash, summer, cooked | 1/2 cup | 1.3 | 1.2 |
| Squash, winter, cooked | 1/2 cup | 1.7 | 1.4 |
| Sweet potato, peeled | 1 medium | 2.7 | 2.2 |
| Tomato with skin | 1 medium | 0.3 | 1.0 |
| Zucchini, cooked | 1/2 cup | 1.4 | 1.2 |

| Whole Grains | Serving Size | Soluble Fiber (g) | Insoluble Fiber (g) |
|---------------------|---------------------|--------------------------|----------------------------|
| Barley, cooked | 1/2 cup | 3.3 | 0.9 |
| Brown rice, cooked | 1/2 cup | 1.3 | 0.1 |
| Millet, cooked | 1/2 cup | 2.7 | 0.6 |
| Oat bran, cooked | 3/4 cup | 2.2 | 1.8 |

| | | | |
|--------------------------|---------|------|-----|
| Oatmeal, dry | 1/3 cup | 1.4 | 1.3 |
| Oatmeal, cooked | 1 cup | 2.4 | 1.6 |
| Popcorn, air popped | 3 cups | 3.2 | 0.4 |
| Pumpernickel bread | 1 slice | 1.5 | 1.2 |
| Quinoa (seeds), dry | 1/4 cup | 2.5 | 3.8 |
| Quinoa, cooked | 1/2 cup | 1.7 | 2.5 |
| Rye bread | 1 slice | 1.9 | 0.8 |
| Wheat bran | 1/2 cup | 11.3 | 1.0 |
| Wheat germ | 3 tbsp. | 3.2 | 0.7 |
| Wholegrain bread | 1 slice | 2.8 | 0.1 |
| Whole wheat bread | 1 slice | 1.6 | 0.3 |
| Wholegrain pasta, cooked | 1 cup | 4.1 | 2.2 |

Soluble fiber absorbs water, so it helps to soften stools as well as add bulk well as add bulk.

Insoluble fiber does not dissolve in water so it helps move material through the colon by increasing the bulk of the stool.

The recommended intake for total fiber for adults 50 years and younger is set at 38 grams for men and 25 grams for women. For adults over 50 it is 30 grams for men and 20 grams for women.

Total Fiber (g)

5.7
3.5
2.8
3.8
4.2
5.3
3.1
3.2
3.4
4.0
2.2
3.1
3.2
4.4

Total Fiber (g)

4.2
6.9
4.1
4.8
4.0
5.8
6.6
2.3
7.4
8.0
3.3
3.4
3.0
3.1
4.2

Total Fiber (g)

6.5
2.8
2.7
3.6
2.6
4.4
2.0
7.2
4.3
4.0
4.8
4.9
2.5
3.1
4.9
1.3
2.6

Total Fiber (g)

4.2
1.4
3.3
4.0

2.7
4.0
3.6
1.7
6.3
4.2
2.7
12.3
3.9
2.9
1.9
6.3

ig

n