

LOW FIBER

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Low Fiber Food Chart

Vegetables

	Serving Size	Fiber (g)
• Asparagus (cooked)	1 cup	0.9
• Bell Pepper (peeled)	½ cup	0.8
• Bok Choy (cooked)	½ cup	0.7
• Celery (peeled)	1 stalk	0.6
• Cucumber (fresh)	1 cup	0.5
• Jicama (raw)	¼ cup	0.9
• Iceberg Lettuce (raw)	1 cup	0.5
• Mushrooms (fresh)	1 cup	0.8
• Tomato (peeled)	1 medium	0.7
• Turnips (cooked)	½ cup	0.9
• Zucchini (peeled)	½ cup	0.7

Snacks

	Serving Size	Fiber (g)
• Gelatin Dessert	1 cup	0
• Plain Cake	1 slice	0.4
• Plain Crackers	5 pieces	0.5
• Pretzels	1 ounce	0.9
• Pudding	1 cup	0

Grains

	Serving Size	Fiber (g)
• Egg Noodles	½ cup	0.7
• Flour Tortilla	1 medium	0.6
• Polenta (cooked)	½ cup	0.5
• Rice Cakes	1 small	0.4
• Saltine Crackers	5 crackers	0.2
• White Bread	1 slice	0.6
• White Rice (cooked)	½ cup	0.8
• White Spaghetti	½ cup	0.9

Fruits

	Serving Size	Fiber (g)
• Cantaloupe	½ cup	0.7
• Grape (fresh w/skin)	15 small	0.5
• Grapefruit	½ fruit	0.6
• Honeydew Melon	½ cup	0.6
• Lemon	1 medium	0.9
• Peaches (canned)	½ cup	0.9
• Pineapple (canned)	½ cup	0.6
• Plum	1 medium	0.9
• Watermelon	1 ¼ cup	0.6

Condiments

	Serving Size	Fiber (g)
• Ketchup	1 tbsp	0.1
• Mayonnaise	1 tbsp	0
• Mustard	1 tsp	0
• Tofu	½ cup	0.9

Dairies

	Serving Size	Fiber (g)
• Almond Milk	1 cup	0.9
• Butter	1 tbsp	0
• Cheese	1 ounce	0
• Cottage Cheese	½ cup	0
• Ice Cream	½ cup	0.3
• Milk	1 cup	0
• Yogurt	1 cup	0

Seafoods

	Serving Size	Fiber (g)
• Cod (cooked)	3 ounces	0
• Salmon	3 ounces	0