

BREAD & CRACKERS	AMOUNT	WEIGHT (grams)	FIBER (grams)	MEAT, MILK, EGGS	AMOUNT	WEIGHT	FIBER
GRAHAM CRACKERS	2 SQUARES	14.2	1.4	BEEF	1 OZ	28	0
PUMPERNICKEL BREAD	¼ SLICE	24	1.4	CHEESE	¼ OZ	21	0
RYE BREAD	1 SLICE	25	0.8	CHICKEN/TURKEY	1 OZ	28	0
WHOLE WHEAT BREAD	1 SLICE	25	1.3	COLD CUTS/FRANKFURTERS	1 OZ	28	0
WHOLE WHEAT CRACKER	6 CRACKERS	19.8	2.2	EGGS	3 LARGE	99	0
WHOLE WHEAT ROLL	¼ ROLL	21	1.2	FISH	2 OZ	56	0
CEREALS				ICE CREAM	1 OZ	28	
ALL BRAN, 100%	1/3 CUP	28	8.4	MILK	1 CUP	240	0
BRAN CHEX	½ CUP	21	4.1	PORK	1 OZ	28	0
CORN BRAN	½ CUP	21	4.4	YOGURT	5 OZ	140	0
CORN FLAKES	¾ CUP	21	2.6	RICE			
GRAPENUTS FLAKES	2/3 CUP	21	2.5	RICE, BROWN(cooked)	1/3 CUP	65	1.6
GRAPENUTS	3 TBSP	21	2.7	RICE, WHITE(cooked)	1/3 CUP	65	0.5
OATMEAL	¾ PKG	21	2.5	LEAF VEGETABLES			
SHREDDED WHEAT	1 BISCUIT	21	2.8	BROCCOLI	½ CUP	93	3.5
WHEATIES	¾ CUP	21	2.6	BRUSSEL SPROUTS	½ CUP	78	2.3
FRUIT				CABBAGE	½ CUP	85	2.1
APPLE	½ LARGE	83	2	CAULIFLOWER	½ CUP	90	1.6
APRICOT	2	72	1.4	CELERY	½ CUP	60	1.1
BANANA	½ MEDIUM	54	1.5	LETTUCE	1 CUP	55	0.8
BLACKBERRIES	¾ CUP	108	6.7	SPINACH, RAW	1 CUP	55	0.2
CANTALOUPE	1 CUP	160	1.6	TURNIP GREENS	½ CUP	93	3.5
CHERRIES	10 LARGE	68	1.1	ROOT VEGETABLES			
DATES, DRIED	2	18	1.6	BEETS	½ CUP	85	2.1
FIGS, DRIED	1 MEDIUM	20	3.7	CARROTS	½ CUP	78	2.4
GRAPES, WHITE	10	50	0.5	POTATOES, BAKED	½ MEDIUM	75	1.9
GRAPEFRUIT	2	87	0.8	RADISHES	½ CUP	58	1.3
HONEYDEW MELON	½	170	1.5	SWEET POTATOES, BAKED	½ MEDIUM	75	2.1
ORANGE	1 SMALL	78	1.6	OTHER VEGETABLES			
PEACH	1 MEDIUM	100	2.3	BEANS, GREEN	½ CUP	64	2.1
PEAR	½ MEDIUM	82	2	BEANS, STRING	½ CUP	55	1.9
PINEAPPLE	½	78	0.8	CUCUMBER	½ CUP	70	1.1
PLUM	3 SMALL	85	1.8	EGGPLANT	½ CUP	100	2.5
PRUNES, DRIED	2	15	2.4	LENTILS, COOKED	½ CUP	100	3.7
RAISINS	1 ½ TBSP	14	1	MUSHROOMS	½ CUP	35	0.9
STRAWBERRIES	1 CUP	143	3.1	ONION	½ CUP	58	1.2
TANGERINE	1 LARGE	101	2	TOMATOES	1 SMALL	100	1.5
WATERMELON	1 CUP	160	1.4	WINTERSQUASH	½ CUP	120	3.5