

# Puristat Digestive Wellness Fiber Chart

Fruits	Protein	Starch	Portion	Fiber gms	Soluble Gms	In-soluble gms
Apple, w/skin	–	–	1 small	2.8	1	1.8
Apple- sauce	–	–	1/2 cup	2	0.7	1.3
Apricots, canned	–	–	4 halves	1.2	0.5	0.7
Apricots, dried	–	–	7 halves	2	1.1	0.9
Apricot, fresh	–	–	4	3.5	1.8	1.7
Avocado, fresh	–	–	8-Jan	1.2	0.5	0.7
Banana	–	–	1/2 small	1.1	0.3	0.8
Black- berries, fresh	–	–	3/4 cup	6	2	4
Blue- berries, fresh	–	–	3/4 cup	1.4	0.3	1.1
Cherries, black	–	–	12 large	1.3	0.6	0.7
Cherries, canned	–	–	1/2 can	1.8	0.9	0.9
Currant, dried	–	–	2 tbsp	0.4	0.2	0.2
Dates, dried	–	–	2.5 med.	0.9	0.3	0.6
Figs, dried	–	–	1.5 figs	2.3	1.1	1.2
Fruit Cocktail	–	–	1/2 cup	2	0.7	1.3
Grape- fruit	–	–	1/2 med.	1.6	1.1	0.5
Grapes, red	–	–	15 small	0.4	0.2	0.2
Grapes, white	–	–	15 small	0.6	0.3	0.3
Kiwi, w/skin	–	–	1 large	1	0.7	0.3
Mango flesh only	–	–	1/2 small	2.9	1.7	1.2
Canta- loupe	–	–	1 cup	1.1	0.3	0.8
Honey- dew	–	–	1 cup	0.9	0.3	0.6
Water- melon	–	–	1 cup	0.6	0.4	0.2
Nectarine	–	–	1 small	1.8	0.8	1
Orange	–	–	1 small	2.9	1.8	1.1
Peaches, canned	–	–	1/2 cup	2	0.7	1.3
Peaches, fresh	–	–	1 medium	2	1	1
Pear, canned	–	–	1/2 cup	3.7	0.7	3
Pear, fresh	–	–	1 small	2.9	1.1	1.8
Pineapple, canned	–	–	1/3 cup	1.4	0.2	1.2
Pineapple, fresh	–	–	3/4 cup	1.4	0.1	1.3
Plum, red	–	–	2 medium	2.4	1.1	1.3
Prunes, dried	–	–	3 medium	1.7	1	0.7
Raisins	–	–	2 tbsp	0.4	0.2	0.2
Rasp- berries	–	–	1 cup	3.3	0.9	2.4
Strawberries	–	–	1.25 cup	2.8	1.1	1.7
Vegetables	Protein	Starch	Portion	Fiber gms	Soluble Gms	In- soluble gms
Artichoke, cooked	–	–	medium	6.5	4.7	1.8
Asparagus, cooked	–	–	1/2 cup	2.8	1.7	1.1
Bean sprouts	–	–	1 cup	1.6	0.6	1
Beets, fresh	–	v	1/2 cup	1.8	0.8	1
Broccoli, cooked	–	–	1.2 cup	2.4	1.2	1.2
Brussel sprouts	–	–	1/2 cup	3.8	2	1.8
Cabbage, red, cooked	–	–	1/2 cup	2.6	1.1	1.5
Carrots, canned	–	v	1/2 cup	1.5	0.7	0.8
Carrots, fresh	–	v	1 med.	2.3	1.1	1.2
Cauliflower, cooked	–	–	1/2 cup	1	0.4	0.6
Celery, fresh	–	–	1 cup	1.7	0.7	1
Corn	–	–	1/2 cup	1.6	0.2	1.1
Cucumber	–	–	1 cup	0.5	0.2	0.3
Green beans, canned	–	–	1/2 cup	2	0.5	1.5
Green beans, cooked	–	–	1/2 cup	2.8	1.1	1.7
Kale	–	–	1/2 cup	1	1	0
Lettuce, arugula	–	–	1/2 cup	0.16	0.04	0.12
Lettuce, chicory	–	–	1 cup	1.16	0.26	0.9
Lettuce, endive	–	–	1/2 cup	0.78	0.16	0.62
Lettuce, iceberg	–	–	1 cup	0.5	0.1	0.4
Lettuce, radicchio	–	–	1 cup	0.36	0.07	0.29
Lettuce, romaine	–	–	1 cup	0.9	0.3	0.6
Lettuce, watercress	–	–	1 cup	0.17	0.03	0.14
Mush- rooms	–	–	1 cup	0.8	0.1	0.7
Peas, canned	–	–	1/2 cup	3.2	0.4	2.8
Peas, frozen	–	–	1/2 cup	4.3	1.3	3
Pepper, green	–	–	1 cup	1.7	0.7	1
Spinach, cooked	–	–	1/2 cup	1.6	0.5	1.1
Sweet potato	–	v	1/3 cup	0.8	0.3	0.5
Tomato, canned	–	–	1/2 cup	1.3	0.5	0.8
Tomato, fresh	–	–	1 med.	1	0.1	0.9
Tomato, sauce	–	–	1/3 cup	1.1	0.5	0.6
Turnip	–	–	1/2 cup	4.8	1.7	3.1
V-8 juice	–	–	1/2 cup	0.7	0.2	0.5
Yellow Squash	–	–	1/2 cup	0.7	0.3	0.4
Zucchini, cooked	–	–	1/2 cup	1.2	0.5	0.7

Legumes, Nuts, Seeds	Protein	Starch	Portion	Fiber gms	Soluble gms	In- soluble gms
Almonds	v	–	6 whole	0.6	0.1	0.5
Black beans, cooked	v	–	1/2 cup	6.1	2.4	3.7
Black eyed peas	v	–	1/2 cup	4.7	0.5	4.2
Brazil nuts	v	–	1 tbsp	0.5	0.1	0.4
Butter- beans	v	–	1/2 cup	6.9	2.7	4.2
Chickpeas, cooked	v	–	1/2 cup	4.3	1.3	3
Coconut, dried	v	–	1.5 tbsp	1.5	0.1	1.4
Coconut, fresh	v	–	2 tbsp	1.1	0.1	1
Hazelnuts	v	–	1 tbsp	0.5	0.2	0.3
Kidney beans, dark	v	–	1/2 cup	6.9	2.8	4.1
Kidney beans, light	v	–	1/2 cup	7.9	2	5.9
Lentils	v	–	1/2 cup	5.2	0.6	4.6
Lima bean, cooked	v	–	1/2 cup	4.3	1.1	3.2
Navy bean, cooked	v	–	1/2 cup	6.5	2.2	4.3
Pinto bean, canned	v	–	1/2 cup	6.1	1.4	4.7
Pinto bean, cooked	v	–	1/2 cup	5.9	1.9	4
Peanuts, roasted	v	–	10 large	0.6	0.2	0.4
Sesame Seeds	v	–	1 tbsp	0.8	0.2	0.6
Sunflower Seeds	v	–	1 tbsp	0.5	0.2	0.3
Split peas, cooked	v	–	1/2 cup	3.1	1.1	2
Walnuts	v	–	2 whole	0.3	0.1	0.2
Grains, Cereal & Pasta	Protein	Starch	Portion	Fiber gms	Soluble gms	Insoluble gms
Barley cooked	–	v	1/2 cup	4.2	0.9	3.3
Bran, dry	–	v	1/4 cup	6	trace	6
Bread, bagel	–	v	1/2 bagel	0.7	0.3	0.4
Bread, wheat	–	v	1 slice	1.9	0.3	1.6
Bread, bran	–	v	1 slice	1.5	0.2	1.3
Bread, cornbread	–	v	1 2 in. cube	1.4	0.3	1.1
Bread, muffin	–	v	1/2 muffin	0.8	0.2	0.6
Bread, French	–	v	1 slice	0.9	0.3	0.6
Bread, ham. bun	–	v	1/2 bun	0.7	0.2	0.5
Bread, mixed-grain	–	v	1 slice	1.9	0.3	1.6
Bread, oatmeal	–	v	1/2 slice	1.2	0.3	0.9
Bread, pita	–	v	2-Jan	0.5	0.2	0.3
Bread, pumper.	–	v	1 slice	2.7	1.2	1.5
Bread, raisin	–	v	1 slice	1.2	0.3	0.9
Bread, rye	–	v	1 slice	1.8	0.8	1
Bread, sourdough	–	v	1 slice	0.8	0.3	0.5
Bread, tortilla	–	v	1 shell	0.7	0.3	0.4
Bread, waffle	–	v	1 waffle	0.7	0.3	0.4
Bread, white	–	v	1 slice	0.6	0.3	0.3
Bulgur, cooked	–	v	1/2 cup	2.9	0.5	2.4
Cereal, All Bran	–	v	1/3 cup	8.6	1.4	7.2
Cereal, bran flakes	–	v	1/2 cup	2.1	0.8	0.3
Cereal, Cheerios	–	v	1.25 cup	2.5	1.2	1.3
Cereal, Corn Flakes	–	v	1 cup	0.5	0.1	0.4
Cereal, Fiber One	–	v	1/2 cup	11.9	0.8	11.1
Cereal, Nutri-grain	–	v	2/3 cup	2.7	0.7	2
Cereal, Oat Bran	–	v	3/4 cup	4	2.2	1.8
Cereal, Puffed Rice	–	v	1 cup	1	0.5	0.5
Cereal, Quaker Oat	–	v	1/2 cup	2.2	0.8	1.4
Cereal, Raisin Bran	–	v	3/4 cup	5.3	0.9	4.4
Cereal, Rice Krisp.	–	v	1 cup	0.3	0.1	0.2
Cereal, Shrd. Wht.	–	v	2/3 cup	3.5	0.5	3
Cereal, Special K	–	v	1 cup	0.9	0.2	0.7
Cereal, Total	–	v	1 cup	2.6	0.6	2
Cereal, Wht. Flake	–	v	3/4 cup	2.3	0.4	1.9
Cereal, Wheaties	–	v	2/3 cup	2.3	0.4	1.6
Crackers, Matzo	–	v	1 cracker	1	0.5	0.5
Crackers, Melba	–	v	5 slices	1.8	0.4	1.4
Crackers, Saltine	–	v	6 cracker	0.5	0.3	0.2
Crackers, Sit. Wh.	–	v	5 cracker	0.3	0.2	0.4
Flour, oat	–	v	2.5 tbsp	1.8	1	0.8
Flour, rye	–	v	2.5 tbsp	2.6	0.8	1.8
Flour, white	–	v	2.5 tbsp	0.6	0.3	0.3
Flour, whole-wht.	–	v	2.5 tbsp	2.1	0.3	1.8
Millet	–	v	1/2 cup, cooked	3.3	0.6	2.7
Noodles, egg	–	v	1/2 cup	1.4	0.4	1
Oatmeal, Crm. Wht	–	v	2.5 tbsp	1.1	0.4	0.7
Oatmeal, plain	–	v	1/3 cup	2.7	1.4	1.3
Popcorn, popped	–	v	3 cups	2	0.1	1.9
Pretzels	–	v	3/4 ounce	0.8	0.2	0.6
Rice, white	–	v	1/3 cup	0.5	trace	0.5
Rice, wild	–	v	1/3 cup	0.4	0.1	0.3
Spaghetti, white	–	v	1/2 cup	0.9	0.4	0.5
Wheat bran	–	v	1/2 cup	12.3	1	11.3
Wheat germ	–	v	3 tbsp	3.9	0.7	3.2