List of Soluble & Insoluble Fiber Foods

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Serving Size | | Total Fiber (g) | Soluable Fiber (g) | Insoluble Fiber (g) |
| Breads, Cereals, and Pasta | | | | |
| Cornflakes | 1 cup | 0.5 | 0.0 | 0.5 |
| White bread | 1 slice | 0.53 | 0.03 | 0.5 |
| Rye bread | 1 slice | 2.7 | 0.8 | 1.9 |
| Whole grain bread | 1 slice | 2.9 | 0.08 | 2.8 |
| French bread | 1 slice | 1.0 | 0.4 | 0.6 |
| Dinner roll | 1 roll | 0.8 | 0.03 | 0.8 |
| White rice | 1/2 cup cooked | 0. 5 | 0.5 | 0.0 |
| Brown rice | 1/2 cup cooked | 1.3 | 1.3 | 0.0 |
| Egg noodles | 1/2 cup cooked | 0.8 | 0.3 | 0.8 |
| Spaghetti | 1/2 cup cooked | 0.8 | 0.02 | 0.8 |
| Bran (100%) cereal | 1/2 cup | 10.0 | 0.3 | 9.7 |
| Rolled Oats | 3/4 cup cooked | 3.0 | 1.3 | 1.7 |
| Oat bran | 100g | - | 5.0 |  |
| [Psyllium husk](http://www.fatfreekitchen.com/cholesterol/cholesterol.html) | 10g | 8.0 | 7.1 | 0.9 |
| Oats, whole | 1/2 cup cooked | 1.6 | 0.5 | 1.1 |
| Corn grits | 1/2 cup cooked | 1.9 | 0.61 | 0.3 |
| Graham crackers | 2 | 1.4 | 0.04 | 1.4 |
| Rye wafers | 3 | 2.3 | 0.06 | 2.2 |
| Popcorn | 3 cups | 2.8 | 0.8 | 2.0 |
| Fruits | | | | |
| Apple | 1 small | 3.9 | 2.3 | 1.6 |
| Apricots | 2 medium | 1.3 | 0.9 | 0.4 |
| Banana | 1 small | 1.3 | 0.6 | 0.7 |
| Blackberries | 1/2 cup | 3.7 | 0.7 | 3.0 |
| Cherries | 10 | 0.9 | 0.3 | 0.6 |
| Grapefruit | 1/2 fruit | 1.3 | 0.90 | 0.4 |
| Orange | 1 medium | 2.0 | 1.3 | 0.7 |
| Peach | 1 medium | 1.0 | 0.5 | 0.5 |
| Pear | 1 small | 2.5 | 0.6 | 1.9 |
| Pineapple | 1/2 cup | 0.8 | 0.2 | 0.6 |
| Plums | 2 medium | 2.3 | 1.3 | 1.0 |
| Strawberries | 3/4 cup | 2.4 | 0.9 | 1.5 |
| Tangerine | 1 medium | 1.6 | 1.4 | 0.4 |
| Vegetables | | | | |
| Broccoli | 1 stalk | 2.7 | 1.3 | 1.4 |
| Carrots | 1 large | 2.9 | 1.3 | 1.6 |
| Corn | 2/3 cup | 1.6 | 0.2 | 1.4 |
| Lettuce | 1 cup raw | 0.5 | 0.2 | 0.3 |
| Parsnips | 1/2 cup cooked | 4.4 | 0.4 | 4.0 |
| Peas | 1/2 cup cooked | 5.2 | 2.0 | 3.2 |
| Potatoes | 1 small | 3.8 | 2.2 | 1.6 |
| Squash, summer | 1/2 cup cooked | 2.3 | 1.1 | 1.2 |
| Tomato | 1 small | 0.8 | 0.1 | 0.7 |
| Zucchini | 1/2 cup cooked | 2.5 | 1.1 | 1.4 |
| Legumes | | | | |
| Green peas | 2/3 cup cooked | 3.9 | 0.6 | 3.3 |
| Kidney beans | 1/2 cup cooked | 4.5 | 0.5 | 4.0 |
| Lentils | 2/3 cup cooked | 4.5 | 0.6 | 3.9 |
| Lima beans | 1/2 cup cooked | 1.4 | 0.2 | 1.2 |
| Pinto beans | 1/2 cup cooked | 3.0 | 2.2 | 0.7 |
| White beans | 1/2 cup cooked | 4.2 | 0.4 | 3.8 |
|  |  |  |  |  |
| Nuts | | | | |
| Almonds | ¼ cup |  |  | 7.2 |

Ideally you would get 30gms per day of soluble fibre but this can be difficult unless you are eating a raw foods diet:

**Highest Sources (choose one of these):**

2 tbsps ground flax - 4.5gms  (put in muffins, sprinkle on salads, mix with yogurt and honey)

1/4 cup oat bran - 4.5gms (try an oatbran cereal or actually cook the oatbran)

1-2tsp psyllium - 7.1gms

**Vegetables to choose from:**

1 cup peas - 4gms of soluble fibre

1 stalk broccoli or cauliflower  - 1.3 gms

1/2 cup cooked zucchini - 1.1gms

1 large raw carrot - 1.3gms

1/2 cup cooked parsnips - 2.0gms

1/2 cup cooked squash - 2.0 gms

**Fruit to choose from:**

Apple - 2.3gms

Pear - 3gms

Orange - 1.3gms

Grapefruit - 1.0gms

1/2 cup frozen blueberries - 1.2gms

**Starch to choose from:**

Small baked potato- 2.2gms

1/2 cup cooked brown rice - 1.3gms

**Legumes:**

1/2 cup cooked Lima or kidney or pinto beans - 3.0gms

 Nuts and Seeds:

1/4 cup raw almonds/hazel nuts/brazil nuts/walnuts/sesame seeds/sunflower seeds - 2-3gms soluble fibre.

**Recipe ideas:**

Breakfast - 1/2 cup cooked oats with 2 tbsp ground flax and 2 tbsp ground almonds or Oatbran cereal or eggs and toast with psyllium in water or juice. (all containing 7gms soluble fibre)

Lunch - Chili or bean soup or bean dip with whole grain cracker with cut up raw carrots and broccoli  (5-6 gms of soluble fibre)

Snack - 1/4 cup almonds or brazil nuts or walnuts (3gms fibre) or peanut butter and an apple (4.3 gms soluble fibre) or pear with a few almonds (4 gms fibre)

Dinner - Small baked potato with salmon, 1/2 cup of squash and peas (6.2 gms soluble fibre) or large salad with beans, raw carrots, raw broccoli, raw kale, sprouts, seeds or large bowl of split pea soup

Total: 22 – 25 gms soluble fibre.