Milton
CHIROPRACTIC
CLINIC
CAMBRIDGE

Soluble & Insoluble Fibre Foods List

Fresh & Dried Fruits	Serving	Soluble Fibre (g)	Insoluble Fibre (g)	Total Fibre (g)
Apple with skin	1 medium	4.2	1.5	5.7
Apricots, dried	4 medium	1.8	1.7	3.5
Banana	1 medium	2.1	0.7	2.8
Blackberries	½ cup	3.1	0.7	3.8
Figs, dried	3 medium	3.0	2.3	5.3
Grapefruit	½ of large	2.4	0.7	3.1
Kiwi	1 large	2.4	0.8	3.2
Orange	1 medium	2.1	1.3	3.4
Pear	1 medium	0.8	3.2	4.0
Plums	2 medium	1.2	1.0	2.2
Prunes	4 medium	1.3	1.8	3.1
Raspberries	½ cup	0.9	2.3	3.2
Strawberries	1 cup	1.8	2.6	4.4
Nuts, Seeds & Beans				
Almonds, raw	1 ounce	0.7	3.5	4.2
Black beans, cooked	½ cup	3.8	3.1	6.9
Flaxseeds	2 tbsp.	2.7	2.1	4.8
Garbanzo beans, cooked	½ cup	1.2	2.8	4.0
Kidney beans, cooked	½ cup	2.9	2.9	5.8
Lentils, cooked	½ cup	2.8	3.8	6.6
Peanuts, dry roasted	1 ounce	1.1	1.2	2.3
Pinto beans, cooked	½ cup	5.5	1.9	7.4
Psyllium seeds	2 tbsp.	7.1	0.9	8.0
Sesame seeds	¼ cup	0.7	2.6	3.3
Split peas, cooked	½ cup	1.1	2.4	3.5
Sunflower seeds	¼ cup	1.1	1.9	3.0
Walnuts	1 ounce	0.6	2.5	3.1

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Vegetables				
Artichoke, cooked	1 medium	4.7	1.8	6.5
Asparagus, cooked	½ cup	1.7	1.1	2.8
Broccoli, raw	½ cup	1.3	1.4	2.7
Brussel Sprouts, cooked	1 cup	1.7	1.9	3.6
Carrot, raw	1 medium	1.1	1.5	2.6
Green peas, cooked	½ cup	3.2	1.2	4.4
Green beans, cooked	½ cup	0.8	1.2	2.0
Kale, cooked	1 cup	2.1	5.1	7.2
Lima beans, cooked	½ cup	2.1	2.2	4.3
Potato with skin	1 medium	2.4	2.4	4.8
Soybeans (edamame)	½ cup	2.7	2.2	4.9
Squash, summer, cooked	½ cup	1.3	1.2	2.5
Sweet potato, peeled	1 medium	2.7	2.2	4.9
Tomato with skin	1 medium	0.3	1.0	1.3
Zucchini, cooked	½ cup	1.4	1.2	2.6
Whole Grains				
Barley, cooked	½ cup	3.3	0.9	4.2
Brown rice, cooked	½ cup	1.3	0.1	1.4
Oat bran, cooked	¾ cup	2.2	1.8	4.0
Oatmeal, cooked	1 cup	2.4	1.6	4.0
Popcorn, air-popped	3 cups	3.2	0.4	3.6
Pumpernickel bread	1 slice	1.5	1.2	1.7
Quinoa, cooked	½ cup	1.7	2.5	4.2

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