

Fiber rich foods	Amount of fiber & Calories	Other foods	Amount of fiber & Calories
1 medium fresh fruit (4oz) : apple orange, peach, pear	Averages 60 calories and 3gms of fiber	100% fruit juice (4oz) or ½ c canned fruit cocktail, light syrup	Averages 60 calories and 0 – 1 gram of fiber
¾ cup Wheaties	100 calories, 3 grams of fiber and 4 grams of sugar	¾ cup Lucky Charms	110 calories, 1 gram of fiber and 11 grams of sugar
1 slice of whole wheat bread (1 oz.)	Averages 80 calories and 3grams of fiber	1 slice of white bread (1 oz.)	Averages 80 calories and 0.7 grams of fiber
½ c (4 oz.) cooked, fresh/frozen green beans	Averages 25 calories and 3 grams of fiber	½ c (4oz) of canned green beans	Averages 25 calories and 0.9 grams of fiber
1 oz raw or dry roasted, peanuts	Averages 160 calories and 2.5 grams of fiber	1 oz. Peanut butter	Averages 165 calories and 1.7 grams of fiber
1 oz Kellogg’s Protein Plus cereal	100 calories and 5 grams of fiber and 2 grams of sugar	1 oz Honey Bunches of Oats cereal	113 calories and 2 grams of fiber and 5.7 grams of sugar
Fiber one granola bar	150 calories and 9 grams of fiber	Peanut candy bar	210 calories and 1.6 grams of fiber
Small oat bran muffin (2.3 oz)	175 calories, 3 grams of fiber and 5.4 grams of sugar	Glazed Donut (2.3 oz)	250 calories, 0.6 grams of fiber and 12.5 grams of sugar
Fiber one yogurt (6oz)	75 calories, 7.5 grams of fiber & 6 grams of sugar	Yogurt with fruit on the bottom (6oz)	150 calories, 0 grams of fiber & 27 grams of sugar
Weight Control: Instant Oatmeal, Maple Brown Sugar (1 packet)	160 calories, 6 grams of fiber and 1 gram of sugar	Maple Brown Sugar, Instant Oatmeal (1 packet)	169 calories, 3.2 grams of fiber and 13.7 grams of sugar