

The Fiber35 Diet Food List

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Food Item Name	Quantity/Weight	Fiber Amount	Number of Calories
Adzuki beans (boiled, no salt)	1/2 cup	8.0	147
All pre-cut packaged lettuce mixes	1/2 cup	0.5	5
All-purpose white flour	2 tbsp.	0.3	57
Almond butter	2 tbsp.	2.0	202
Almonds (slivered)	2 tbsp.	1.6	78
Almonds (whole)	2 tbsp.	2.1	103
Amaranth (grain)	1/2 cup	9.0	365
American cheese (1 slice)	2/3 oz.	0.0	66
Anasazi beans	1/2 cup	4.5	150
Anchovies (in oil, drained)	1 oz-wt	0.0	59
Appaloosa beans	1/2 cup	4.5	108
Apple (raw w/skin)	1 medium	3.0	72
Apple Juice	1/2 cup	0.0	59
Applesauce	1/2 cup	1.5	52
Apricot (halves)	1 cup	3.0	74
Artichoke	1 medium	7.0	60
Artichoke hearts (cooked, no salt)	1 each	5.0	42
Asparagus	6 spears	1.5	24
Avocado	1 medium	9.0	227

Food Item Name	Quantity/Weight	Fiber Amount	Number of Calories
Bacon	3 pieces	0.0	129
Bagel	1 (plain)	1.0	146
Baking soda	1/2 tsp	0.0	0
Baking powder	1/2 tsp	0.0	1
Balsamic vinegar	1 tbsp.	0.0	14
Banana	1 medium	4.0	133
Barbecue sauce	2 tbsp.	0.3	47
Barley (dry)	1/2 cup	6.0	194
Barley, pearled (cooked)	1/2 cup	3.0	97
Basil (fresh)	1 tbsp.	0.0	0
Beans, black (cooked, no salt)	1/2 cup	8.0	114
Beans, chili	1/2 cup	7.0	109
Beans, great northern (cooked, no salt)	1/2 cup	6.0	105
Beans, kidney (cooked, no salt)	1/2 cup	6.0	113
Beans, lima (cooked, no salt)	1/2 cup	5.0	105
Beans, mung (cooked, no salt)	1/2 cup	1.0	13
Beans, navy (canned, no salt)	1/2 cup	0.0	44
Beans, pinto (cooked, no salt)	1/2 cup	7.5	123
Beef bologna	3 oz-wt	0.0	261
Beef, bottom round (cube steak)	6 oz-wt	0.0	364
Beef, brisket	6 oz-wt	0.0	412
Beef, chuck	6 oz-wt	0.0	368
Beef, eye round	6 oz-wt	0.0	354
Beef, frankfurter	2 oz-wt	0.0	169
Beef, jerky	1 oz-wt	1.0	115
Beef, pastrami	3 oz-wt	0.0	123
Beef, roast beef (deli meat - lean)	6 oz-wt	0.0	193
Beef, salami	3 oz-wt	0.0	219
Beef, short ribs	6 oz-wt	0.0	498
Beef, skirt steak	6 oz-wt	0.0	312
Beef, tenderloin	6 oz-wt	0.0	246

Food Item Name	Quantity/Weight	Fiber Amount	Number of Calories
Beef, top loin	6 oz-wt	0.0	306
Beef, top sirloin	6 oz-wt	0.0	288
Beer	12 fl oz	0.0	108
Beets (cooked, drained, sliced)	1/2 cup	2.0	37
Biscuit	1 each	2.0	168
Blackberries (frozen unsweetened)	1/2 cup	4.0	49
Black-eyed peas	1/2 cup	4.0	93
Blue cheese (crumbled)	2 tbsp.	0.0	60
Blueberries (frozen unsweetened)	1/2 cup	2.0	39
Blueberry muffin	1 muffin	0.0	162
Bluefish	6 oz-wt	0.0	210
Bok choy	1 cup	1.0	9
Bran muffin	1 small	3.0	178
Bread, pita (whole grain)	1 each	5.0	170
Bread, pumpernickel	1 piece	2.0	65
Bread, raisin	1 piece	1.0	63
Bread, rye	1 piece	2.0	83
Bread, sourdough	1 piece	1.0	92
Bread, wheat (light)	1 slice	3.0	46
Bread, whole grain (light)	1 piece	2.0	80
Breadsticks, plain (small)	1 each	0.0	21
Broccoflower	1/2 cup	1.6	16
Broccoli	1/2 cup	1.0	16
Broccoli rabe	1/2 cup	0.5	5
Broth, beef (canned, ready to serve)	1 cup	0.0	17
Broth, chicken (canned, ready to serve)	1 cup	0.0	10
Brussels sprouts	6 each	6.0	48
Bulgur (dry)	1/2 cup	13.0	240
Bulgur wheat (cooked)	1/2 cup	4.0	76
Butter (light, salted or unsalted)	1 tsp	0.0	23
Butter, whipped	1 tbsp.	0.0	66
Buttermilk 1% low fat	1 cup	0.0	98

Food Item Name	Quantity/Weight	Fiber Amount	Number of Calories
Cabbage (green)	1/2 cup	1.0	11
Cabbage (red)	1/2 cup	1.0	14
Cabbage (sauerkraut)	1/2 cup	2.0	16
Cabbage (savoy)	1/2 cup	1.0	10
Cake (angel food)	1 piece	0.0	128
Cake (chocolate layer)	1 piece	2.0	235
Cake (coffee)	1 piece	1.0	178
Cake (pound)	1 piece	0.0	117
Calf liver	6 oz-wt	0.0	324
Canadian bacon	3 pieces	0.0	131
Cantaloupe (cubed)	1 cup	1.0	53
Capers	1 tbsp.	0.0	2
Carambola (star fruit, cubed)	1 cup	0.0	2
Carrots	1 medium	2.0	25
Catfish	6 oz-wt	0.0	178
Cauliflower	6 florets	2.0	18
Celery	1 rib	3.0	18
Cereal, puffed wheat	1 cup	1.0	59
Cereal, raisin bran	1 cup	7.0	195
Cereal, rice crisps	1 cup	0.0	108
Cheddar cheese (shredded, light)	2 tbsp.	0.0	24
Cheese, feta (crumbled)	2 tbsp.	0.0	74
Cheese, fontina (shredded)	2 tbsp.	0.0	109
Cheese, goat (soft type)	2 tbsp.	0.0	75
Cheese, monterey jack (reduced fat)	2 tbsp.	0.0	22
Cheese, mozzarella (non-fat)	2 tbsp.	1.0	42
Cheese, muenster (reduced fat)	2 tbsp.	0.0	23
Cheese, parmesan (shredded)	2 tbsp.	0.0	42
Cheese, provolone (reduced fat)	1 oz-wt	0.0	98
Cheese, ricotta (part skim)	1/4 cup	0.0	86
Cheese, swiss (shredded, low-fat)	2 tbsp.	0.0	24
Cherries (no pits)	1 cup	3.0	91
Chestnuts (roasted)	1 oz-wt.	2.0	138
Chicken (dark meat, roasted, chopped)	6 oz-wt	0.0	210
Chicken (ground)	6 oz-wt	0.0	198

Food Item Name	Quantity/Weight	Fiber Amount	Number of Calories
Chicken breast (boneless)	6 oz-wt	0.0	186
Chicken leg	1 each	0.0	204
Chicken wing	1 each	0.0	210
Chicken/turkey sausage	2 oz-wt	0.0	86
Chickent thigh (skinless)	6 oz-wt	0.0	198
Chili pepper	1 each	1.0	18
Chili powder	1 tsp	1.0	8
Chives (fresh)	1 tbsp.	0.0	1
Chocolate (dark)	1 oz-wt	2.0	149
Chocolate (milk)	1 oz-wt	1.0	150
Chocolate (unsweetened)	1 oz-wt	5.0	140
Chocolate chips (semisweet)	2 tbsp.	0.0	45
Cider vinegar	1 tbsp.	0.0	3
Cilantro (Chinese parsley)	1 tbsp.	0.0	1
Cinnamon	1/2 tsp	1.0	6
Clams (canned)	6 oz-wt	0.0	252
Cocoa powder (unsweetened)	1/2 tsp	0.0	2
Coconut	1 ounce	3.0	99
Coconut (dried, unsweetened)	2 tbsp.	2.5	93
Coconut milk (canned)	2 tbsp.	0.0	60
Cod	6 oz-wt	0.0	140
Cod (salted)	3 oz-wt	0.0	246
Collard greens, raw	4 oz-wt	4.0	32
Conch, baked or broiled	6 oz-wt	0.0	132
Cookie (chocolate chip, light)	1 each	0.0	45
Cookie (oatmeal raisin)	1 each	0.0	65
Cookie (peanut butter)	1 each	0.0	72
Cookie (sugar)	1 each	0.0	72
Corn	1/2 cup	2.0	66
Corn flakes	1 cup	0.5	51
Corn muffin	1 each	0.0	180
Corn oil	1 tsp	0.0	41
Cornbread	1 piece	0.0	173
Corned beef brisket	6 oz-wt	0.0	426
Cornish game hen (light meat)	6 oz-wt	0.0	228
Cornmeal	2 tbsp.	0.5	52
Cottage cheese (small curd, 1% low-fat)	1/2 cup	0.0	82

Food Item Name	Quantity/Weight	Fiber Amount	Number of Calories
Couscous (cooked)	1/2 cup	1.0	88
Crab meat (canned)	6 oz-wt	0.0	168
Crab meat (raw)	6 oz-wt	0.0	148
Crab meat (steamed)	6 oz-wt	0.0	174
Crackers (butter, reduced fat)	5 each	1.5	393
Crackers (rye wafers)	5 each	15.0	185
Crackers (saltines, fat free)	5 each	0.5	65
Crackers (water)	5 each	0.6	44
Cranberries	1/2 cup	2.0	22
Cranberry juice (natural, unsweetened)	1/2 cup	0.0	58
Cranberry sauce	2 tbsp.	0.0	42
Cream cheese (light)	2 tbsp.	0.0	70
Cream of rice cereal (cooked)	1/2 cup	0.0	64
Cream of wheat cereal (cooked)	1/2 cup	0.5	66
Croissant (butter, small)	1 each	1.0	171
Crowder peas (canned)	1/2 cup	8.0	100
Cucumber (1 medium)	1 each	2.0	45
Cumin	1 tsp	0.0	7
Currants (black)	1/2 cup	0.0	36

Food Item Name	Quantity/Weight	Fiber Amount	Number of Calories
Daikon (radish, Oriental)	1/2 cup	0.0	12
Dates (medjool, pitted)	1/2 cup	4.0	156
Deli Ham	3 oz-wt	0.0	99
Dijon Mustard	1 tsp	0.1	6
Dill (fresh herb)	1 tbsp.	0.5	6
Dill Pickle	1 each	0.5	12
Doughnut (glazed)	1 each	1.0	255
Doughnut (plain)	1 each	1.0	226
Duck (breast, skinless)	6 oz-wt	0.0	336

Edamame (soy beans, frozen, prepared)	1/2 cup	4.0	145
Egg (white)	1 each	0.0	17
Egg (whole)	1 each	0.0	71
Egg (yolk)	1 each	0.0	55
Egg noodles (cooked)	1/2 cup	1.0	111
Eggplant	1/2 cup	1.5	10
Elderberries	1/2 cup	5.0	53
Endive, escarole	1/2 cup	1.0	4
English muffin	1 each	2.0	134

Fennel	1/2 cup	1.5	14
Field peas	1/2 cup	4.0	60
Figs (dried)	1/4 cup	5.5	139
Figs (fresh)	1 each	4.6	98
Fish Sauce	1 tsp.	0.0	2
Fish, salmon	6 oz-wt	0.0	310
Fish, salmon (smoked)	6 oz-wt	0.0	198
Fish, scrod	6 oz-wt	0.0	179
French toast (frozen)	1 piece	1.0	126

Food Item Name	Quantity/Weight	Fiber Amount	Number of Calories
Garbanzo beans (chickpeas)	1/2 cup	6.0	135
Garlic	1 clove	0.0	4
Gelatin (unsweetened)	1/2 cup	0.0	5
Ghee (clarified butter)	1 tsp	0.0	37
Ginger root (sliced)	1 tbsp.	0.5	11
Goose (whole)	6 oz-wt	0.0	268
Grape juice (unsweetened)	1/2 cup	0.0	77
Grapefruit (sliced)	1 cup	4.0	97
Grapefruit Juice (canned, unsweetened)	1/2 cup	0.0	47
Grapes	1/2 cup	1.0	31
Gravy (au jus)	1/4 cup	0.0	10
Gravy (canned, chicken, beef, turkey)	1/4 cup	0.0	31
Green beans (cooked, no salt)	1/2 cup	2.0	22
Green peas	1/2 cup	1.5	30
Greens (mixed)	1 cup	1.2	9
Half-and-half (cream/whole milk, fat-free)	2 tbsp.	0.0	17
Halibut	6 oz-wt	0.0	156
Ham (boneless)	6 oz-wt	0.0	246
Hazelnuts (chopped)	2 tbsp.	1.5	70
Hollandaise sauce (jar)	2 tbsp.	0.0	26
Hominy (cooked)	1/2 cup	2.0	58
Honey	1 tsp.	0.0	21
Honeydew melon (cubed)	1 cup	1.0	61
Horseradish (prepared)	1 tsp.	0.0	2
Hummus	2 tbsp.	2.0	46
Ice cream (light, chocolate)	1/2 cup	1.0	137
Ice cream (light, fruit flavor)	1/2 cup	0.0	109
Ice cream (light, vanilla)	1/2 cup	0.0	110
Kale	1/2 cup	0.5	17
Kasha (cooked)	1/2 cup	2.5	78
Ketchup/catsup (low-sodium)	1 tbsp.	0.0	15
Kielbasa	2 oz-w	0.0	127
Kiwi	1 cup	5.0	108

Food Item Name	Quantity/Weight	Fiber Amount	Number of Calories
Leeks	1 each	2.0	54
Lemon Juice	1 tbsp.	0.0	4
Lentils (cooked, no salt)	1/2 cup	8.0	115
Lettuce (butterhead)	1 cup	1.0	7
Lettuce (romaine)	1 cup	1.0	8
Lime Juice	1 tbsp.	0.0	4
Lobster (whole)	6 oz-wt	0.0	162
Macadamia Nuts	2 tbsp.	1.0	101
Mackerel	6 oz-wt	0.0	438
Mahi Mahi	6 oz-wt	0.0	186
Mango (sliced)	1 cup	3.0	107
Maple syrup	1 tbsp.	0.0	52
Marinara sauce	1/4 cup	0.0	46
Mascarpone cheese	1 oz-wt	0.0	126
Mayonnaise (light, low-fat)	1 tsp.	0.0	11
Milk (2% low-fat)	1 cup	0.0	137
Milk (skim)	1 cup	0.0	86
Milk (whole)	1 cup	0.0	146
Millet (cooked)	1/2 cup	1.0	104
Millet (dry)	1/2 cup	8.5	378
Miso paste	1 tbsp.	1.0	28
Molasses	1 tbsp.	0.0	58
Mushroom, portobello (raw)	1/2 cup	0.0	17
Mushrooms, white (raw)	1/2 cup	0.0	14
Mussels	6 oz-wt	0.0	144
Nectarine	1 cup	2.0	63
Oat bran (dry)	2 tbsp.	1.8	29
Oatmeal (cooked, no salt)	1/2 cup	2.0	73
Oats (dry)	1/2 cup	4.0	148
Okra	4 oz-wt	3.4	36
Olive oil	1 tsp.	0.0	40
Olives, black	5 each	0.0	15
Olives, green	1 ounce	1.0	41
Onions	1 each	2.0	44
Onions, green	1 each	0.0	3
Orange (sliced)	1 cup	4.0	85
Orange juice	1/2 cup	0.0	56
Oysters	6 oz-wt	0.0	140

Food Item Name	Quantity/Weight	Fiber Amount	Number of Calories
Pancakes (frozen, low-fat)	1 each	1.0	92
Pancakes (homemade, low-calorie)	1 each	0.0	86
Pancetta	1 oz-w	0.0	163
Papaya (cubed)	1 cup	3.0	55
Parsley (fresh)	1 tbsp.	0.0	1
Pasta (whole wheat, cooked)	1/2 cup	2.0	87
Pasta, spinach (cooked)	1/2 cup	0.0	74
Peach (sliced)	1 cup	2.0	60
Peanut butter, natural	2 tbsp.	2.0	188
Peanut butter, regular (low-fat)	2 tbsp.	1.0	146
Peanuts	2 tbsp.	1.8	104
Pear (sliced)	1 cup	4.0	81
Peas, green	1/2 cup	1.8	30
Peas, in pod	1/2 cup	0.0	10
Pecans (chopped)	2 tbsp.	1.5	100
Pepper, green	1/2 cup	2.0	24
Pepper, red	1/2 cup	2.0	31
Peppers, jalapeno	1 each	0.0	4
Persimmons, Japanese	1 medium	0.0	32
Pesto sauce	1 oz-fl.	0.0	130
Pickle relish	1 tsp.	0.0	7
Pine nuts	2 tbsp.	0.0	114
Pineapple	1/2 cup	1.0	37
Pistachios	2 tbsp.	1.6	86
Plums (sliced)	1 cup	2.0	76
Popcorn (popped)	1 ounce	4.0	120
Pork, bologna	3 oz-wt	0.0	207
Pork, chop (center cut)	6 oz-wt	0.0	362
Pork, frankfurter	2 oz-w	0.0	204
Pork, ground	6 oz-wt	0.0	332
Pork, loin (boneless)	6 oz-wt	0.0	346
Pork, salami	3 oz-wt	0.0	294
Pork, sausage (light)	2 each	0.0	190
Pork, spareribs	6 oz-wt	0.0	420
Pork, tenderloin	6 oz-wt	0.0	278
Potato chips (reduced fat)	10 pieces	2.0	132
Potato, sweet	1 each	4.0	103
Potato, white (cooked, in skin)	1/2 cup	1.5	64
Pretzels (whole wheat)	10 pieces	2.0	101
Prosciutto	6 oz-wt	0.0	281
Prunes	1/4 cup	3.0	105
Pumpkin (cooked)	1/2 cup	1.5	25
Pumpkin seeds (roasted)	2 tbsp.	0.0	93
Quinoa	1/2 cup	5.0	318
Quinoa grain (dry)	1/4 cup	2.5	159

Food Item Name	Quantity/Weight	Fiber Amount	Number of Calories
Radicchio	1/2 cup	0.0	4
Radishes	6 each	0.0	6
Raisins (seeded, not packed)	1/2 cup	5.0	215
Raisins (seedless, not packed)	1/2 cup	2.5	217
Raspberries	1/2 cup	4.0	32
Red Beans	1/2 cup	6.5	12
Rhubarb	1/2 cup	1.0	13
Rice, brown (cooked)	1/2 cup	2.0	109
Rice, brown (dry)	1/2 cup	3.0	344
Rutabaga	1/2 cup	2.0	25
Rye	1/2 cup	12.0	283

Food Item Name	Quantity/Weight	Fiber Amount	Number of Calories
Salad dressing, blue cheese (low-calorie)	2 tbsp.	0.0	58
Salad dressing, caesar (low-calorie)	2 tbsp.	0.0	32
Salad dressing, Italian (low-fat)	2 tbsp.	0.0	22
Salad dressing, ranch (low-fat)	2 tbsp.	0.0	66
Salad dressing, thousand island (low-fat)	2 tbsp.	0.0	62
Salsa (green)	1 tbsp.	0.0	3
Salsa (red)	1 tbsp.	0.0	4
Scallops	6 oz-wt	0.0	186
Seeds, sunflower	2 tbsp.	1.9	103
Sesame oil	1 tsp.	0.0	40
Shallots	1/4 cup	1.0	28
Shrimp	6 oz-wt	0.0	168
Snapper	6 oz-wt	0.0	218
Soup, black bean (light)	1 cup	4.0	116
Soup, chicken noodle (light)	1 cup	1.0	75
Soup, cream of potato (light)	1 cup	0.0	73
Soup, cream of tomato (light)	1 cup	2.0	100
Soup, minestrone (light)	1 cup	1.0	112
Soup, New England clam chowder (light)	1 cup	1.0	95
Soup, onion (light)	1 cup	1.0	58
Soup, vegetable (light)	1 cup	1.0	56
Sour cream (low-fat)	2 tbsp.	0.0	40
Soy beans (edamame)	1/2 cup	4.0	127
Soy milk (light)	1 cup	3.0	127
Soy nuts	1/2 oz-wt	1.0	63
Soy sauce (low-sodium)	1 tbsp.	0.0	10
Spelt (kernels)	1/2 cup	16.0	280
Spinach, raw	1 cup	1.0	7
Squash, acorn	1/2 cup	3.0	42
Squash, butternut	1/2 cup	2.9	41
Squash, spaghetti (cooked)	1/2 cup	1.0	21
Squash, yellow (cooked)	1/2 cup	1.5	15
Squash, zucchini	1 each	1.0	19
Squid	6 oz-wt	0.0	156
Strawberries (sliced)	1/2 cup	1.5	24
Sugar, brown	1 tsp.	0.0	17
Sugar, white	1 tsp.	0.0	15
Sweet and sour sauce	1/4 cup	0.0	80
Swiss chard	1/2 cup	0.0	3

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Food Item Name	Quantity/Weight	Fiber Amount	Number of Calories
Tahini (sesame seed paste)	1 tbsp.	1.0	86
Tangerine (sliced)	1 cup	4.0	103
Tartar sauce (low-fat)	2 tbsp.	0.1	149
Teff	1/2 cup	16.0	320
Teriyaki sauce (low-sodium)	2 tbsp.	0.0	24
Tofu, firm (light)	4 oz-wt	1.0	44
Tofu, silken (light)	4 oz-wt	0.0	40
Tomatillos	1 each	1.0	11
Tomato (sliced)	1 cup	2.0	32
Tomato juice	1/2 cup	0.0	21
Tomato sauce	1/4 cup	1.0	23
Tomatoes, canned	1/2 cup	0.0	21
Tomatoes, cherry	6 each	1.2	22
Tomatoes, chopped	1/2 cup	1.0	16
Tomatoes, sun-dried	1/4 cup	1.8	35
Tortilla chips (light)	10 pieces	1.0	74
Tortilla, 8' corn	1 each	1.0	58
Tortilla, 8' whole wheat, fat-free	1 each	2.0	140
Trout	6 oz-wt	0.0	252
Tuna, fillet	6 oz-wt	0.0	208
Tuna, solid white, canned (in oil)	6 oz-wt	0.0	316
Tuna, solid white, canned (in water)	6 oz-wt	0.0	218
Tuna, steak	6 oz-wt	0.0	208
Turkey bologna (light)	3 oz-wt	0.0	177
Turkey breast (skinless, boneless)	6 oz-wt	0.0	264
Turkey, breast	3 oz-wt	0.0	132
Turkey, ground	6 oz-wt	0.0	290
Turkey, tenderloin (light)	3 oz-wt	0.0	132
Turkey, whole	6 oz-wt	0.0	264
Turnips	1/2 cup	1.5	17

Food Item Name	Quantity/Weight	Fiber Amount	Number of Calories
Veal, arm shoulder (lean only)	6 oz-wt	0.0	278
Veal, cutlet (lean only)	6 oz-wt	0.0	256
Veal, ground (lean)	6 oz-wt	0.0	192
Veal, loin (lean only)	6 oz-wt	0.0	298
Veal, rib chop (lean only)	6 oz-wt	0.0	300
Veal, round steak (lean only)	6 oz-wt	0.0	256
Veal, shank (lean only)	6 oz-wt	0.0	320
Veal, stew meat (lean)	6 oz-wt	0.0	292
Vinegar, red wine	1 tbsp.	0.0	3
Vinegar, rice	1 tbsp.	0.0	12
Vinegar, white wine	1 tbsp.	0.0	0

Waffles, frozen (multigrain, low-fat)	1 each	1.0	71
Waffles, homemade (multigrain)	1 each	1.0	92
Walnuts, chopped	2 tbsp.	1.0	96
Water chestnuts	1/2 cup	0.0	86
Watercress	1/2 cup	0.0	2
Watermelon	1/4 cup	0.0	23
Wheat bran	1/2 cup	12.5	62
Wheat germ (toasted)	2 tbsp.	2.1	54
Whipping cream (light)	2 tbsp.	0.0	88
Wild rice (cooked)	1/2 cup	0.0	83
Wine (white) medium	4 fl oz	0.0	96
Wine, red	4 fl oz	0.0	100
Worcestershire sauce	1 tsp.	0.0	4

Yogurt, plain (low-fat)	1 cup	0.0	154
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