

USDA Nutrient Database for Standard Reference, Release 14

Fiber, total dietary (g) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20005	Barley, pearled, raw	200	1 cup	31.20
20012	Bulgur, dry	140	1 cup	25.62
16008	Beans, baked, canned, with franks	259	1 cup	17.87
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	16.38
09292	Prunes, dried, stewed, without added sugar	248	1 cup	16.37
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	16.27
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	15.64
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	14.96
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	14.71
20080	Wheat flour, whole-grain	120	1 cup	14.64
20033	Oat bran, raw	94	1 cup	14.48
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	13.36
09087	Dates, domestic, natural and dry	178	1 cup	13.35
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	13.16
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	13.16
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	13.10
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	12.70
16051	Beans, white, mature seeds, canned	262	1 cup	12.58
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	12.46
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	12.39
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	12.14
20011	Buckwheat flour, whole-groat	120	1 cup	12.00
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	11.65
16073	Lima beans, large, mature seeds, canned	241	1 cup	11.57
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	11.18
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	11.18
09306	Raspberries, frozen, red, sweetened	250	1 cup	11.00
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	10.88
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	10.80
11546	Tomato products, canned, paste, without salt added	262	1 cup	10.74
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	10.56
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	10.32
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	10.21
19080	Candies, semisweet chocolate	168	1 cup	9.91
09340	Pears, asian, raw	275	1 pear	9.90
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	9.86
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	9.80
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN	30	1/2 cup	9.69
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	9.07

USDA Nutrient Database for Standard Reference, Release 14

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20020	Cornmeal, whole-grain, yellow	122	1 cup	8.91
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	8.80
20028	Couscous, dry	173	1 cup	8.65
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	8.60
09302	Raspberries, raw	123	1 cup	8.36
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	8.25
22904	Chili con carne with beans, canned entree	222	1 cup	8.21
20013	Bulgur, cooked	182	1 cup	8.19
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	8.17
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	8.01
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	7.92
09042	Blackberries, raw	144	1 cup	7.63
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	7.56
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	7.55
12167	Nuts, chestnuts, european, roasted	143	1 cup	7.29
11424	Pumpkin, canned, without salt	245	1 cup	7.11
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	6.97
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	6.80
08143	Cereals, WHEATENA, cooked with water	243	1 cup	6.56
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	6.48
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	6.36
20125	Spaghetti, whole-wheat, cooked	140	1 cup	6.30
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	6.24
20006	Barley, pearled, cooked	157	1 cup	5.97
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	5.92
11439	Sauerkraut, canned, solids and liquids	236	1 cup	5.90
08319	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	5.89
11647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	5.88
09298	Raisins, seedless	145	1 cup	5.80
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	5.74
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	5.70
20034	Oat bran, cooked	219	1 cup	5.69
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	5.58
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	5.57
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	5.52
09226	Papayas, raw	304	1 papaya	5.47
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, regular	51	1 cup	5.46
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	5.32

USDA Nutrient Database for Standard Reference, Release 14

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08340	Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal	46	2 biscuits	5.29
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	5.15
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	5.15
11461	Spinach, canned, drained solids	214	1 cup	5.14
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	5.13
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	5.11
22401	HEALTHY CHOICE Spaghetti Bolognese, frozen entree	283	1 package	5.09
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	5.06
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	5.06
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	5.04
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	5.04
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	5.01
11547	Tomato products, canned, puree, without salt added	250	1 cup	5.00
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	4.96
11581	Vegetables, mixed, canned, drained solids	163	1 cup	4.89
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	4.86
11674	Potatoes, baked, flesh and skin, without salt	202	1 potato	4.85
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	4.85
09055	Blueberries, frozen, sweetened	230	1 cup	4.83
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter add	210	1 cup	4.83
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	4.80
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	4.76
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	4.75
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	4.69
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	4.66
09094	Figs, dried, uncooked	38	2 figs	4.64
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	4.61
11512	Sweetpotato, canned, vacuum pack	255	1 cup	4.59
11364	Potatoes, baked, skin, without salt	58	1 skin	4.58
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	4.56
20010	Buckwheat groats, roasted, cooked	168	1 cup	4.54
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	4.52
09250	Peaches, frozen, sliced, sweetened	250	1 cup	4.50
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	4.48
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	4.41
09340	Pears, asian, raw	122	1 pear	4.39
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	4.38
19078	Baking chocolate, unsweetened, squares	28.35	1 square	4.37
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	4.32

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09200	Oranges, raw, all commercial varieties	180	1 cup	4.32
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	4.26
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	4.25
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	4.24
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	4.20
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	4.20
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	4.20
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	4.19
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	4.18
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	4.13
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	4.13
09277	Plantains, raw	179	1 medium	4.12
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	4.06
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	4.06
12104	Nuts, coconut meat, raw	45	1 piece	4.05
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	4.05
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	4.05
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	4.00
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	4.00
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	4.00
09252	Pears, raw	166	1 pear	3.98
08121	Cereals, oats, regular and quick and instant, without fortified, cooked with water, without salt	234	1 cup	3.98
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	3.97
18324	Pie, pecan, commercially prepared	113	1 piece	3.96
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	3.94
09050	Blueberries, raw	145	1 cup	3.92
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	3.90
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	3.84
09316	Strawberries, raw	166	1 cup	3.82
11264	Mushrooms, canned, drained solids	156	1 cup	3.74
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	3.74
09003	Apples, raw, with skin	138	1 apple	3.73
09176	Mangos, raw	207	1 mango	3.73
16112	Miso	68.75	1 cup	3.71
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	3.68
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	3.67
09040	Bananas, raw	150	1 cup	3.60
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	3.59
09278	Plantains, cooked	154	1 cup	3.54
20037	Rice, brown, long-grain, cooked	195	1 cup	3.51

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11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	3.50
22905	Beef stew, canned entree	232	1 cup	3.48
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	3.45
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	3.43
11549	Tomato products, canned, sauce	245	1 cup	3.43
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	3.41
11081	Beets, cooked, boiled, drained	170	1 cup	3.40
09236	Peaches, raw	170	1 cup	3.40
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	3.38
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	3.38
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	3.36
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	3.35
12061	Nuts, almonds	28.35	1 oz (24 nuts)	3.35
08219	Cereals ready-to-eat, QUAKER, QUAKER Toasted Oatmeal Cereal, Honey Nut	49	1 cup	3.33
18444	Pie, fried pies, cherry	128	1 pie	3.33
18319	Pie, fried pies, fruit	128	1 pie	3.33
11124	Carrots, raw	110	1 cup	3.30
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	3.30
20083	Wheat flour, white, bread, enriched	137	1 cup	3.29
11414	Potato salad, home-prepared	250	1 cup	3.25
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	3.22
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	3.21
09246	Peaches, dried, sulfured, uncooked	39	3 halves	3.20
16120	Soy milk, fluid	245	1 cup	3.19
16055	Carob flour	8	1 tbsp	3.18
09032	Apricots, dried, sulfured, uncooked	35	10 halves	3.15
20046	Rice, white, long-grain, parboiled, dry, enriched	185	1 cup	3.15
09200	Oranges, raw, all commercial varieties	131	1 orange	3.14
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	3.12
11370	Potatoes, hashed brown, home-prepared	156	1 cup	3.12
09087	Dates, domestic, natural and dry	41.5	5 dates	3.11
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	3.07
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	3.06
09020	Applesauce, canned, sweetened, without salt	255	1 cup	3.06
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	3.06
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	3.05
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	3.05
22247	Macaroni and Cheese, canned entree	252	1 cup	3.02
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	3.01
08220	Cereals ready-to-eat, QUAKER, QUAKER Low Fat 100% Natural Crispy Wholegrain Cereal with Raisins	50	1/2 cup	3.00
09291	Prunes, dried, uncooked	42	5 prunes	2.98

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11821	Peppers, sweet, red, raw	149	1 cup	2.98
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	2.98
09176	Mangos, raw	165	1 cup	2.97
20089	Wild rice, cooked	164	1 cup	2.95
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	50	1 cup	2.95
18326	Pie, pumpkin, commercially prepared	109	1 piece	2.94
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	2.94
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	2.93
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	2.92
09060	Carambola, (starfruit), raw	108	1 cup	2.92
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	2.90
11084	Beets, canned, drained solids	170	1 cup	2.89
18031	Bread, indian (navajo) fry	160	10-1/2" bread	2.88
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	2.88
11282	Onions, raw	160	1 cup	2.88
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	2.88
09040	Bananas, raw	118	1 banana	2.83
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	2.81
11510	Sweetpotato, cooked, boiled, without skin, without salt	156	1 potato	2.81
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	2.80
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	2.79
09011	Apples, dried, sulfured, uncooked	32	5 rings	2.78
18055	Bread, reduced-calorie, wheat	23	1 slice	2.76
18053	Bread, reduced-calorie, rye	23	1 slice	2.76
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	2.75
12120	Nuts, hazelnuts or filberts	28.35	1 oz	2.75
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	2.73
12142	Nuts, pecans	28.35	1 oz (20 halves)	2.72
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	2.72
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	2.70
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	2.70
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	2.68
11333	Peppers, sweet, green, raw	149	1 cup	2.68
21024	Fast foods, french toast sticks	141	5 sticks	2.68
14346	Shake, fast food, chocolate	333	16 fl oz	2.66
11090	Broccoli, raw	88	1 cup	2.64
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	2.64
08077	Cereals ready-to-eat, GENERAL MILLS, TOTAL	30	3/4 cup	2.64
08131	Cereals, QUAKER, oatmeal, instant, maple and brown sugar, prepared with water	155	1 packet	2.64
18283	Muffins, oat bran	57	1 muffin	2.62

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16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	2.61
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	2.60
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	2.60
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	2.60
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	2.58
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	2.58
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	2.57
09294	Prune juice, canned	256	1 cup	2.56
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	2.55
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	2.55
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	2.55
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	2.55
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	2.54
08125	Cereals, QUAKER, oatmeal, instant, with apples and cinnamon, prepared with water	149	1 packet	2.53
11399	Potato puffs, frozen, prepared	79	10 puffs	2.53
09226	Papayas, raw	140	1 cup	2.52
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	2.52
11659	Sweetpotato, cooked, candied, home-prepared	105	1 piece	2.52
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	2.52
18226	Crackers, rye, wafers, plain	11	1 wafer	2.52
11135	Cauliflower, raw	100	1 cup	2.50
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	2.48
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	2.48
14194	Cocoa mix, without added nutrients, powder, prepared with water	206	1 serving	2.47
09060	Carambola, (starfruit), raw	91	1 fruit	2.46
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	2.45
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	2.43
11205	Cucumber, with peel, raw	301	1 large	2.41
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	2.41
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	2.40
11226	Jerusalem-artichokes, raw	150	1 cup	2.40
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	2.40
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	2.38
11821	Peppers, sweet, red, raw	119	1 pepper	2.38
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	2.37
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	2.35
11363	Potatoes, baked, flesh, without salt	156	1 potato	2.34
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	2.33
20084	Wheat flour, white, cake, enriched	137	1 cup	2.33
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	2.27

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16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	2.27
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	2.27
18310	Pie, chocolate creme, commercially prepared	113	1 piece	2.26
18057	Bread, reduced-calorie, white	23	1 slice	2.23
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	2.21
20029	Couscous, cooked	157	1 cup	2.20
11128	Carrots, canned, regular pack, drained solids	146	1 cup	2.19
09191	Nectarines, raw	136	1 nectarine	2.18
11114	Cabbage, savoy, raw	70	1 cup	2.17
11124	Carrots, raw	72	1 carrot	2.16
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	2.16
11641	Squash, summer, all varieties, raw	113	1 cup	2.15
11333	Peppers, sweet, green, raw	119	1 pepper	2.14
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	2.10
09004	Apples, raw, without skin	110	1 cup	2.09
18044	Bread, pumpernickel	32	1 slice	2.08
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	2.08
18045	Bread, pumpernickel, toasted	29	1 slice	2.06
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	2.05
18003	Bagels, egg	89	4" bagel	2.05
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	2.05
18005	Bagels, cinnamon-raisin	89	4" bagel	2.05
11143	Celery, raw	120	1 cup	2.04
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	2.03
18243	Croutons, seasoned	40	1 cup	2.00
01102	Milk, chocolate, fluid, commercial,	250	1 cup	2.00
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	1.99
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	1.98
11282	Onions, raw	110	1 whole	1.98
09236	Peaches, raw	98	1 peach	1.96
11206	Cucumber, peeled, raw	280	1 large	1.96
18279	Muffins, corn, commercially prepared	57	1 muffin	1.94
11578	Vegetable juice cocktail, canned	242	1 cup	1.94
18075	Bread, whole-wheat, commercially prepared	28	1 slice	1.93
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	1.93
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	1.92
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	1.90
11655	Carrot juice, canned	236	1 cup	1.89
19126	Candies, milk chocolate coated peanuts	40	10 pieces	1.88
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	1.87
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	1.87

USDA Nutrient Database for Standard Reference, Release 14

Fiber, total dietary (g) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18316	Pie, coconut custard, commercially prepared	104	1 piece	1.87
09266	Pineapple, raw	155	1 cup	1.86
18060	Bread, rye	32	1 slice	1.86
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	1.85
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	1.85
19056	Snacks, tortilla chips, plain	28.35	1 oz	1.84
11028	Bamboo shoots, canned, drained solids	131	1 cup	1.83
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	1.83
20100	Macaroni, cooked, enriched	140	1 cup	1.82
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	1.82
11159	Coleslaw, home-prepared	120	1 cup	1.80
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	1.79
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	1.79
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	1.76
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	1.76
20110	Noodles, egg, cooked, enriched	160	1 cup	1.76
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	1.76
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	1.76
20113	Noodles, chinese, chow mein	45	1 cup	1.76
22906	Chicken pot pie, frozen entree	217	1 small pie	1.74
19143	Candies, HERSHEY, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	1.72
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	1.70
18235	Crackers, whole-wheat	16	4 crackers	1.68
19422	Snacks, potato chips, reduced fat	28.35	1 oz	1.67
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	1.66
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	1.63
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	1.63
18003	Bagels, egg	71	3-1/2" bagel	1.63
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	1.63
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	1.63
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	1.63
09150	Lemons, raw, without peel	58	1 lemon	1.62
18031	Bread, indian (navajo) fry	90	5" bread	1.62
11109	Cabbage, raw	70	1 cup	1.61
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	1.60
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	1.60
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	1.60
18110	Cake, fruitcake, commercially prepared	43	1 piece	1.59
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	1.59

USDA Nutrient Database for Standard Reference, Release 14

Fiber, total dietary (g) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	1.59
19393	Frozen desserts, yogurt, chocolate, soft-serve	72	1/2 cup	1.58
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	1.58
09070	Cherries, sweet, raw	68	10 cherries	1.56
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	1.56
11213	Endive, raw	50	1 cup	1.55
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	1.54
18061	Bread, rye, toasted	24	1 slice	1.54
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	1.53
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	1.52
11672	Potato pancakes, home-prepared	76	1 pancake	1.52
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	1.52
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	1.51
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	1.51
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	1.51
09039	Avocados, raw, Florida	28.35	1 oz	1.50
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	1.50
19015	Snacks, granola bars, hard, plain	28.35	1 bar	1.50
08266	Cereals ready-to-eat, GENERAL MILLS, HONEY FROSTED WHEATIES	30	3/4 cup	1.50
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	1.50
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	1.50
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	1.49
18239	Croissants, butter	57	1 croissant	1.48
18274	Muffins, blueberry, commercially prepared	57	1 muffin	1.48
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	1.47
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	1.47
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	1.47
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	1.46
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	1.46
19150	Candies, HERSHEY, REESE'S Peanut Butter Cups	45	1 package (contains 2)	1.44
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	1.44
18023	Bread, cornbread, dry mix, prepared	60	1 piece	1.44
09326	Watermelon, raw	286	1 wedge	1.43
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	1.43
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	1.43
11112	Cabbage, red, raw	70	1 cup	1.40
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	1.40
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	1.39

USDA Nutrient Database for Standard Reference, Release 14

Fiber, total dietary (g) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09038	Avocados, raw, California	28.35	1 oz	1.39
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	1.38
18025	Bread, cracked-wheat	25	1 slice	1.38
20068	Tapioca, pearl, dry	152	1 cup	1.37
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	1.36
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	1.36
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	1.36
18320	Pie, lemon meringue, commercially prepared	113	1 piece	1.36
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	1.35
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	1.35
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	1.35
14347	Shake, fast food, vanilla	333	16 fl oz	1.33
14177	Chocolate-flavor beverage mix, powder, prepared with milk	266	1 cup	1.33
18041	Bread, pita, white, enriched	60	6-1/2" pita	1.32
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	1.32
18353	Rolls, hard (includes kaiser)	57	1 roll	1.31
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	1.30
18090	Cake, boston cream pie, commercially prepared	92	1 piece	1.29
09181	Melons, cantaloupe, raw	160	1 cup	1.28
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	1.28
19411	Snacks, potato chips, plain, salted	28.35	1 oz	1.28
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	1.27
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	1.27
18220	Crackers, melba toast, plain	20	4 pieces	1.26
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	1.26
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	1.26
14175	Chocolate-flavor beverage mix, powder	21.6	2-3 heaping tsp	1.25
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	1.25
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	1.25
02010	Spices, cinnamon, ground	2.3	1 tsp	1.25
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	1.25
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	1.23
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	1.22
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	1.22
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	1.22
09254	Pears, canned, juice pack, solids and liquids	76	1 half	1.22
19034	Snacks, popcorn, air-popped	8	1 cup	1.21
06206	Soup, PROGRESSO HEALTHY CLASSICS MINISTRONE, canned, ready-to-serve	241	1 cup	1.21
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	1.20
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	1.20

USDA Nutrient Database for Standard Reference, Release 14

Fiber, total dietary (g) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18280	Muffins, corn, dry mix, prepared	50	1 muffin	1.20
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	1.20
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	1.19
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	1.19
18151	Cookies, brownies, commercially prepared	56	1 brownie	1.18
18305	Pie, blueberry, commercially prepared	117	1 piece	1.17
18350	Rolls, hamburger or hotdog, plain	43	1 roll	1.16
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	1.15
11015	Asparagus, canned, drained solids	72	4 spears	1.15
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	1.14
19183	Desserts, puddings, chocolate, ready-to-eat	113	4 oz	1.13
18048	Bread, raisin, toasted, enriched	24	1 slice	1.13
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	1.12
18047	Bread, raisin, enriched	26	1 slice	1.12
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	1.11
19035	Snacks, popcorn, oil-popped	11	1 cup	1.10
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	1.09
19040	Snacks, popcorn, cheese-flavor	11	1 cup	1.09
18039	Bread, oatmeal	27	1 slice	1.08
19071	Candies, carob	28.35	1 oz	1.08
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	1.08
18064	Bread, wheat (includes wheat berry)	25	1 slice	1.08
18040	Bread, oatmeal, toasted	25	1 slice	1.08
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	1.07
11253	Lettuce, looseleaf, raw	56	1 cup	1.06
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	1.06
16097	Peanut butter, chunk style, with salt	16	1 tbsp	1.06
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	1.04
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	1.04
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	1.04
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	1.02
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	1.02
09184	Melons, honeydew, raw	170	1 cup	1.02
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	1.02
11081	Beets, cooked, boiled, drained	50	1 beet	1.00
18360	Taco shells, baked	13.3	1 medium	1.00
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.99
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.99
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	0.99
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.99

USDA Nutrient Database for Standard Reference, Release 14

Fiber, total dietary (g) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09279	Plums, raw	66	1 plum	0.99
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.98
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	0.98
09153	Lemon juice, canned or bottled	244	1 cup	0.98
11540	Tomato juice, canned, with salt added	243	1 cup	0.97
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	0.96
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.96
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.96
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.96
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	0.96
09184	Melons, honeydew, raw	160	1/8 melon	0.96
11251	Lettuce, cos or romaine, raw	56	1 cup	0.95
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	0.95
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0.94
18308	Pie, cherry, commercially prepared	117	1 piece	0.94
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.93
11090	Broccoli, raw	31	1 spear	0.93
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.93
18027	Bread, egg	40	1/2" slice	0.92
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	0.92
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.92
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	0.90
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	0.90
01110	Milk shakes, thick chocolate	300	10.6 fl oz	0.90
02009	Spices, chili powder	2.6	1 tsp	0.89
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.86
18217	Crackers, matzo, plain	28.35	1 matzo	0.85
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0.85
09021	Apricots, raw	35	1 apricot	0.84
11260	Mushrooms, raw	70	1 cup	0.84
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.84
16158	Hummus, commercial	14	1 tbsp	0.84
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.84
11206	Cucumber, peeled, raw	119	1 cup	0.83
11205	Cucumber, with peel, raw	104	1 cup	0.83
09125	Grapefruit juice, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.83
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.83
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.81
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.81
11457	Spinach, raw	30	1 cup	0.81

USDA Nutrient Database for Standard Reference, Release 14

Fiber, total dietary (g) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.80
19109	Candies, HERSHEY, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0.80
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	0.79
11961	Hearts of palm, canned	33	1 piece	0.79
19270	Frozen desserts, ice cream, chocolate	66	1/2 cup	0.79
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.78
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.78
11937	Pickles, cucumber, dill	65	1 pickle	0.78
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	0.78
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	0.78
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.77
09326	Watermelon, raw	152	1 cup	0.76
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	0.76
19014	Snacks, fruit leather, rolls	21	1 large	0.76
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.75
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	0.75
19312	Pie fillings, canned, apple	74	1/8 of 21-oz can	0.74
18170	Cookies, fig bars	16	1 cookie	0.74
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	0.73
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	0.72
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	0.72
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	0.72
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	0.72
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0.72
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	0.72
18245	Danish pastry, cheese	71	1 danish	0.71
14003	Alcoholic beverage, beer, regular	355	12 fl oz	0.71
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	0.71
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.70
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.70
20047	Rice, white, long-grain, parboiled, cooked, enriched	175	1 cup	0.70
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0.68
11143	Celery, raw	40	1 stalk	0.68
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	0.68
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.68
11819	Peppers, hot chili, red, raw	45	1 pepper	0.68
11670	Peppers, hot chili, green, raw	45	1 pepper	0.68
02015	Spices, curry powder	2	1 tsp	0.66
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	0.66

USDA Nutrient Database for Standard Reference, Release 14

Fiber, total dietary (g) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18268	French toast, frozen, ready-to-heat	59	1 slice	0.65
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.65
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	0.65
11954	Tomatillos, raw	34	1 medium	0.65
02027	Spices, oregano, ground	1.5	1 tsp	0.64
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.64
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.63
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.62
18041	Bread, pita, white, enriched	28	4" pita	0.62
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	0.60
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.60
15011	Finfish, catfish, channel, cooked, breaded and fried	85	3 oz	0.60
18139	Cake, white, prepared from recipe without frosting	74	1 piece	0.59
19123	Desserts, puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	0.59
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.58
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.58
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S CRUNCHBERRIES	26	3/4 cup	0.57
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	0.57
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.57
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.57
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0.57
09298	Raisins, seedless	14	1 packet	0.56
02030	Spices, pepper, black	2.1	1 tsp	0.56
09181	Melons, cantaloupe, raw	69	1/8 melon	0.55
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.55
18033	Bread, italian	20	1 slice	0.54
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	0.54
19348	Syrups, chocolate, fudge-type	19	1 tbs	0.53
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0.53
06909	Sauce, NESTLE, QUE BUENO Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	0.50
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	0.50
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.50
06166	Sauce, homemade, white, medium	250	1 cup	0.50
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	0.50
09223	Tangerine juice, canned, sweetened	249	1 cup	0.50
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.50
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.50
09207	Orange juice, canned, unsweetened	249	1 cup	0.50

USDA Nutrient Database for Standard Reference, Release 14

Fiber, total dietary (g) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	0.50
09206	Orange juice, raw	248	1 cup	0.50
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.49
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	0.49
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	0.49
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	0.49
08091	Cereals, corn grits, white, regular, quick, enriched, cooked with water, without salt	242	1 cup	0.48
08164	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, without salt	242	1 cup	0.48
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	0.48
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.46
11284	Onions, dehydrated flakes	5	1 tbsp	0.46
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.46
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	0.46
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.45
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	0.45
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.44
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	0.44
02028	Spices, paprika	2.1	1 tsp	0.44
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	0.43
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.43
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.43
19190	Desserts, puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	0.43
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	0.43
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.42
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.42
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.42
18086	Cake, angelfood, commercially prepared	28	1 piece	0.42
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	0.42
19164	Candies, HERSHEY, SPECIAL DARK Sweet Chocolate Bar	8.4	1 miniature	0.42
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.41
09316	Strawberries, raw	18	1 strawberry	0.41
11084	Beets, canned, drained solids	24	1 beet	0.41
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.41
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.40
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	0.40
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.40
02029	Spices, parsley, dried	1.3	1 tbsp	0.40
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.39

USDA Nutrient Database for Standard Reference, Release 14

Fiber, total dietary (g) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.39
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PEANUT BUTTER PUFFS	30	3/4 cup	0.39
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.39
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	0.39
14390	Cocoa mix, with aspartame, prepared from item 14196	192	1 serving	0.38
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.38
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.38
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.36
18232	Crackers, wheat, regular	8	4 crackers	0.36
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.36
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.36
14196	Cocoa mix, with aspartame, powder, without added calcium or phosphorus, with added sodium and vitamin A	15	1/2 oz envelope	0.36
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0.36
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	0.35
14192	Cocoa mix, without added nutrients, powder	28.35	3 heaping tsp	0.34
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	0.34
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	0.34
14181	Chocolate syrup, without added nutrients	18.75	1 tbsp	0.34
11297	Parsley, raw	10	10 sprigs	0.33
11135	Cauliflower, raw	13	1 floweret	0.33
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.32
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.32
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	0.32
05292	Turkey patties, breaded, battered, fried	64	1 patty	0.32
18147	Cheesecake commercially prepared	80	1 piece	0.32
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	0.32
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	0.31
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.31
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	0.31
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.30
19036	Snacks, popcorn, cakes	10	1 cake	0.29
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.28
02020	Spices, garlic powder	2.8	1 tsp	0.28
09316	Strawberries, raw	12	1 strawberry	0.28
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.27
11457	Spinach, raw	10	1 leaf	0.27
14316	Malted milk-flavor mix, chocolate, added nutrients, powder, prepared with milk	265	1 cup	0.27
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	0.26
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	0.26

USDA Nutrient Database for Standard Reference, Release 14

Fiber, total dietary (g) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.26
19294	Fruit butters, apple	17	1 tbsp	0.26
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0.25
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.25
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	0.25
11282	Onions, raw	14	1 slice	0.25
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.25
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.25
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.25
09124	Grapefruit juice, canned, sweetened	250	1 cup	0.25
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.25
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	0.25
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.25
14267	Fruit punch drink, canned	248	8 fl oz	0.25
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.25
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	0.25
09128	Grapefruit juice, white, raw	247	1 cup	0.25
09123	Grapefruit juice, canned, unsweetened	247	1 cup	0.25
09126	Grapefruit juice, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.25
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.25
11955	Tomatoes, sun-dried	2	1 piece	0.25
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	0.24
01164	Cheese sauce, prepared from recipe	243	1 cup	0.24
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.24
18214	Crackers, cheese, regular	10	10 crackers	0.24
06125	Gravy, turkey, canned	59.6	1/4 cup	0.24
06121	Gravy, mushroom, canned	59.6	1/4 cup	0.24
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0.24
06119	Gravy, chicken, canned	59.5	1/4 cup	0.24
02007	Spices, celery seed	2	1 tsp	0.24
06116	Gravy, beef, canned	58.25	1/4 cup	0.23
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.23
11943	Pimento, canned	12	1 tbsp	0.23
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.23
19297	Jams and preserves	20	1 tbsp	0.22
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.22
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	0.22

USDA Nutrient Database for Standard Reference, Release 14

Fiber, total dietary (g) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.21
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.20
11935	Catsup	15	1 tbsp	0.20
18229	Crackers, standard snack-type, regular	12	4 crackers	0.19
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	0.19
19300	Jellies	19	1 tbsp	0.19
11253	Lettuce, looseleaf, raw	10	1 leaf	0.19
14315	Malted milk-flavor mix, chocolate, added nutrients, powder	21	3 heaping tsp	0.19
06150	Sauce, barbecue sauce	15.75	1 tbsp	0.19
09152	Lemon juice, raw	47	juice of 1 lemon	0.19
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.19
04023	Salad dressing, thousand island, diet, low calorie, 10 calories per teaspoon, with salt	15.3	1 tbsp	0.18
11333	Peppers, sweet, green, raw	10	1 ring	0.18
11960	Carrots, baby, raw	10	1 medium	0.18
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	0.18
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0.18
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.18
19141	Candies, M&M MARS, "M&M's" Plain Chocolate Candies	7	10 pieces	0.18
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.17
09206	Orange juice, raw	86	juice from 1 orange	0.17
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.17
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.17
19069	Candies, NESTLE, BUTTERFINGER Bar and Dessert Topping	7	1 fun size bar	0.17
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.17
11945	Pickle relish, sweet	15	1 tbsp	0.17
02055	Horseradish, prepared	5	1 tsp	0.17
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.16
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.16
09160	Lime juice, raw	38	juice of 1 lime	0.15
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.15
18177	Cookies, molasses	15	1 cookie, medium	0.15
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.15
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	0.15
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.14
18120	Cake, pound, commercially prepared, butter	28	1 piece	0.14
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.14
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.13
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	0.13
11445	Seaweed, kelp, raw	10	2 tbsp	0.13
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.13
14309	Malted milk-flavor mix, natural, added nutrients, powder	21	4-5 heaping tsp	0.13

USDA Nutrient Database for Standard Reference, Release 14

Fiber, total dietary (g) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19074	Candies, caramels	10.1	1 piece	0.12
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.12
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.12
02026	Spices, onion powder	2.1	1 tsp	0.12
19193	Desserts, puddings, rice, ready-to-eat	113.4	4 oz	0.11
19201	Desserts, puddings, vanilla, ready-to-eat	113	4 oz	0.11
19218	Desserts, puddings, tapioca, ready-to-eat	113	4 oz	0.11
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.11
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.11
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	0.10
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.10
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	0.10
19104	Candies, fudge, vanilla, with nuts, prepared-from-recipe	15	1 piece	0.09
11935	Catsup	6	1 packet	0.08
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.08
11156	Chives, raw	3	1 tbsp	0.08
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.08
20027	Cornstarch	8.064	1 tbsp	0.07
11429	Radishes, raw	4.5	1 radish	0.07
11215	Garlic, raw	3	1 clove	0.06
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.06
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.06
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.06
19116	Candies, marshmallows	50	1 cup	0.05
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	0.05
04022	Salad dressing, russian, low calorie, with salt	16.3	1 tbsp	0.05
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.04
19296	Honey, strained or extracted	21	1 tbsp	0.04
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.04
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.04
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.03
07073	Sandwich spread, pork, beef	15	1 tbsp	0.03
02045	Spices, dill weed, fresh	1	5 sprigs	0.02
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.02
04021	Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt	15	1 tbsp	0.02
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.01
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.01
18373	Leavening agents, cream of tartar	3	1 tsp	0.01
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.00
14416	Carbonated beverage, low calorie, cola, with aspartame, contains caffeine	355	12 fl oz	0.00

USDA Nutrient Database for Standard Reference, Release 14

Fiber, total dietary (g) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14429	Water, municipal	237	8 fl oz	0.00
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.00
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.00
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0.00
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0.00
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.00
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.00
04015	Salad dressing, russian, with salt	15.3	1 tbsp	0.00
04114	Salad dressing, italian, commercial, regular, with salt	14.7	1 tbsp	0.00
04120	Salad dressing, french, commercial, regular, with salt	15.6	1 tbsp	0.00
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	0.00
04130	Margarine, soft, unspecified oils, with salt added	4.7	1 tsp	0.00
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	0.00
19293	Frozen desserts, yogurt, vanilla, soft-serve	72	1/2 cup	0.00
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.00
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.00
19097	Frozen desserts, sherbet, orange	74	1/2 cup	0.00
19176	Desserts, gelatins, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.00
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.00
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.00
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.00
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.00
04020	Salad dressing, french, diet, low fat, 5 calories per teaspoon, with salt	16.3	1 tbsp	0.00
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.00
04017	Salad dressing, thousand island, commercial, regular, with salt	15.6	1 tbsp	0.00
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.00
02047	Salt, table	6	1 tsp	0.00
02048	Vinegar, cider	15	1 tbsp	0.00
02050	Vanilla extract	4.2	1 tsp	0.00
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.00
04002	Lard	12.8	1 tbsp	0.00
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.00
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.00
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	0.00
04133	Salad dressing, french, home recipe	14	1 tbsp	0.00
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	0.00
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.00
15017	Finfish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.00
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	0.00
15027	Finfish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	0.00

USDA Nutrient Database for Standard Reference, Release 14

Fiber, total dietary (g) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.00
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	0.00
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.00
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	0.00
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	0.00
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.00
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	0.00
05277	Chicken, canned, meat only, with broth	142	5 oz	0.00
05286	Turkey and gravy, frozen	142	5-oz package	0.00
15027	Finfish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.00
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	0.00
04582	Vegetable oil, canola	14	1 tbsp	0.00
04506	Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	0.00
04511	Oil, vegetable safflower, salad or cooking, oleic, (over 70%)	13.6	1 tbsp	0.00
04518	Oil, vegetable corn, salad or cooking	13.6	1 tbsp	0.00
04526	Margarine-like spread, approximately 60% fat, stick, soybean (hydrogenated) and palm (hydrogenated)	14.4	1 tbsp	0.00
04526	Margarine-like spread, approximately 60% fat, stick, soybean (hydrogenated) and palm (hydrogenated)	4.8	1 tsp	0.00
04539	Salad dressing, blue or roquefort cheese, commercial, regular, with salt	15.3	1 tbsp	0.00
14209	Coffee, brewed, prepared with tap water	178	6 fl oz	0.00
04561	Margarine-like spread, approximately 60% fat, tub, unspecified oils	4.8	1 tsp	0.00
01186	Cheese, cream, fat free	15.6	1 tbsp	0.00
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	0.00
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	0.00
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.00
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	0.00
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	0.00
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.00
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.00
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0.00
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.00
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.00
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0.00
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	0.00
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.00
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.00
01049	Cream, fluid, half and half	15	1 tbsp	0.00
01037	Cheese, ricotta, part skim milk	246	1 cup	0.00
01052	Cream, fluid, light whipping	15	1 tbsp	0.00
01036	Cheese, ricotta, whole milk	246	1 cup	0.00

USDA Nutrient Database for Standard Reference, Release 14

Fiber, total dietary (g) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.00
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.00
01056	Cream, sour, cultured	12	1 tbsp	0.00
01057	Eggnog	254	1 cup	0.00
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.00
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.00
14342	Rice beverage, IMAGINE FOODS, RICE DREAM, canned	245	1 cup	0.00
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.00
01017	Cheese, cream	14.5	1 tbsp	0.00
01004	Cheese, blue	28.35	1 oz	0.00
01007	Cheese, camembert	38	1 wedge	0.00
01009	Cheese, cheddar	28.35	1 oz	0.00
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0.00
01013	Cheese, cottage, creamed, with fruit	226	1 cup	0.00
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.00
01040	Cheese, swiss	28.35	1 oz	0.00
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.00
01072	Dessert topping, pressurized	4	1 tbsp	0.00
01019	Cheese, feta	28.35	1 oz	0.00
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.00
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.00
01030	Cheese, muenster	28.35	1 oz	0.00
01031	Cheese, neufchatel	28.35	1 oz	0.00
01032	Cheese, parmesan, grated	5	1 tbsp	0.00
01035	Cheese, provolone	28.35	1 oz	0.00
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.00
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.00
01069	Cream substitute, powdered	2	1 tsp	0.00
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0.00
01123	Egg, whole, raw, fresh	50	1 large	0.00
01123	Egg, whole, raw, fresh	44	1 medium	0.00
01123	Egg, whole, raw, fresh	58	1 extra large	0.00
01124	Egg, white, raw, fresh	33.4	1 large	0.00
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0.00
01128	Egg, whole, cooked, fried	46	1 large	0.00
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0.00
01131	Egg, whole, cooked, poached	50	1 large	0.00
01132	Egg, whole, cooked, scrambled	61	1 large	0.00
01143	Egg substitute, liquid	62.75	1/4 cup	0.00
01145	Butter, without salt	14.2	1 tbsp	0.00
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.00

USDA Nutrient Database for Standard Reference, Release 14

Fiber, total dietary (g) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.00
19095	Frozen desserts, ice cream, vanilla	66	1/2 cup	0.00
01125	Egg, yolk, raw, fresh	16.6	1 large	0.00
01095	Milk, canned, condensed, sweetened	306	1 cup	0.00
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.00
01077	Milk, fluid, 3.25% milkfat	244	1 cup	0.00
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	0.00
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	0.00
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0.00
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.00
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.00
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.00
14310	Malted milk-flavor mix, natural, added nutrients, powder, prepared with milk	265	1 cup	0.00
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	0.00
01097	Milk, canned, evaporated, nonfat	256	1 cup	0.00
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.00
14277	Grape drink, canned	250	8 fl oz	0.00
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.00
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.00
01111	Milk shakes, thick vanilla	313	11 fl oz	0.00
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.00
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	0.00
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.00
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.00
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0.00
15192	Finfish, cod, Pacific, cooked, dry heat	85	3 oz	0.00
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.00
14157	Carbonated beverage, root beer	370	12 fl oz	0.00
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.00
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	0.00
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.00
15221	Finfish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.00
13298	Beef, ground, extra lean, cooked, broiled, medium	85	3 oz	0.00
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	0.00
15232	Finfish, roughy, orange, cooked, dry heat	85	3 oz	0.00
13305	Beef, ground, lean, cooked, broiled, medium	85	3 oz	0.00
15241	Finfish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	0.00
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	0.00

USDA Nutrient Database for Standard Reference, Release 14

Fiber, total dietary (g) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.00
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	0.00
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	0.00
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.00
01001	Butter, with salt	14.2	1 tbsp	0.00
19281	Frozen desserts, ice, italian, restaurant-prepared	116	1/2 cup	0.00
19107	Candies, hard	6	1 piece	0.00
19283	Frozen desserts, ice pops	59	1 bar (2 fl oz)	0.00
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.00
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.00
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.00
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.00
18372	Leavening agents, baking soda	4.6	1 tsp	0.00
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.00
15141	Crustaceans, crab, blue, canned (crabmeat)	135	1 cup	0.00
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	0.00
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.00
19353	Syrups, maple	20	1 tbsp	0.00
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.00
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.00
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.00
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.00
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	0.00
14121	Carbonated beverage, club soda	355	12 fl oz	0.00
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0.00
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	0.00
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.00
13348	Beef, cured, corned beef, canned	85.05	3 oz	0.00
19350	Syrups, corn, light	20	1 tbsp	0.00
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.00
19336	Sugars, powdered	8	1 tbsp	0.00
19335	Sugars, granulated	4.2	1 tsp	0.00
13350	Beef, cured, dried beef	28.35	1 oz	0.00
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.00
19334	Sugars, brown	3.2	1 tsp	0.00
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.00
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.00
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.00
19129	Syrups, table blends, pancake	20	1 tbsp	0.00
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.00

USDA Nutrient Database for Standard Reference, Release 14

Fiber, total dietary (g) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14150	Carbonated beverage, orange	372	12 fl oz	0.00
19305	Molasses, blackstrap	20	1 tbsp	0.00
21033	Fast foods, sundae, hot fudge	158	1 sundae	0.00
13312	Beef, ground, regular, cooked, broiled, medium	85	3 oz	0.00
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.00
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	0.00
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.00
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.00
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.00
14143	Carbonated beverage, low calorie, other than cola or pepper, with aspartame, without caffeine	355	12 fl oz	0.00
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.00
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.00
14142	Carbonated beverage, grape soda	372	12 fl oz	0.00
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.00
19108	Candies, jellybeans	28.35	10 large	0.00
15088	Finfish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	0.00
15128	Finfish, tuna salad	205	1 cup	0.00
19107	Candies, hard	3	1 small piece	0.00
15071	Finfish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.00
15071	Finfish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.00
15077	Finfish, salmon, chinook, smoked	85.05	3 oz	0.00
15084	Finfish, salmon, pink, canned, solids with bone and liquid	85	3 oz	0.00
15067	Finfish, pollock, walleye, cooked, dry heat	85	3 oz	0.00
15086	Finfish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	0.00
19087	Sweets, candies, confectioner's coating, white	170	1 cup	0.00
15111	Finfish, swordfish, cooked, dry heat	85	3 oz	0.00
15111	Finfish, swordfish, cooked, dry heat	106	1 piece	0.00
15119	Finfish, tuna, light, canned in oil, drained solids	85.05	3 oz	0.00
15121	Finfish, tuna, light, canned in water, drained solids	85	3 oz	0.00
19041	Snacks, pork skins, plain	28.35	1 oz	0.00
06432	Soup, beef broth, bouillon, consommé, prepared with equal volume water, commercial	241	1 cup	0.00
19263	Frozen desserts, fruit and juice bars	77	1 bar (2.5 fl oz)	0.00
15086	Finfish, salmon, sockeye, cooked, dry heat	85	3 oz	0.00
15034	Finfish, haddock, cooked, dry heat	150	1 fillet	0.00
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.00
19090	Frozen desserts, ice cream, french vanilla, soft-serve	86	1/2 cup	0.00
19089	Frozen desserts, ice cream, vanilla, rich	74	1/2 cup	0.00

USDA Nutrient Database for Standard Reference, Release 14

Fiber, total dietary (g) Content of Selected Foods per Common Measure, sorted by nutrient content

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06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.00
19088	Frozen desserts, ice cream, light (50% of the fat), vanilla	66	1/2 cup	0.00
15029	Finfish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.00
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.00
15034	Finfish, haddock, cooked, dry heat	85	3 oz	0.00
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	0.00
15037	Finfish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	0.00
15037	Finfish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.00
15041	Finfish, herring, Atlantic, pickled	85.05	3 oz	0.00
15058	Finfish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	0.00
15058	Finfish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.00
06174	Soup, stock, fish, home-prepared	233	1 cup	0.00
15067	Finfish, pollock, walleye, cooked, dry heat	60	1 fillet	0.00
15029	Finfish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.00
19173	Desserts, gelatins, dry mix, prepared with water	135	1/2 cup	0.00
15126	Finfish, tuna, white, canned in water, drained solids	85	3 oz	0.00
07064	Pork sausage, fresh, cooked	26	2 links	0.00
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.00
07069	Salami, cooked, beef and pork	56.7	2 slices	0.00
07072	Salami, dry or hard, pork, beef	20	2 slices	0.00
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0.00
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.00
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0.00
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	0.00
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	0.00
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.00
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.00
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	0.00
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	0.00
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	0.00
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.00
07083	Vienna sausage, canned, beef and pork	16	1 sausage	0.00
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.00
19212	Desserts, puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	0.00
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	0.00
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.00
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0.00

USDA Nutrient Database for Standard Reference, Release 14

Fiber, total dietary (g) Content of Selected Foods per Common Measure, sorted by nutrient content

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10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0.00
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.00
07064	Pork sausage, fresh, cooked	27	1 patty	0.00
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.00
05306	Poultry food products, ground turkey, cooked	82	1 patty	0.00
07008	Bologna, beef and pork	56.7	2 slices	0.00
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	0.00
07017	Chicken roll, light meat	56.7	2 slices	0.00
07022	Frankfurter, beef	45	1 frank	0.00
07023	Frankfurter, beef and pork	45	1 frank	0.00
07024	Frankfurter, chicken	45	1 frank	0.00
07027	Ham, chopped, not canned	21	2 slices	0.00
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.00