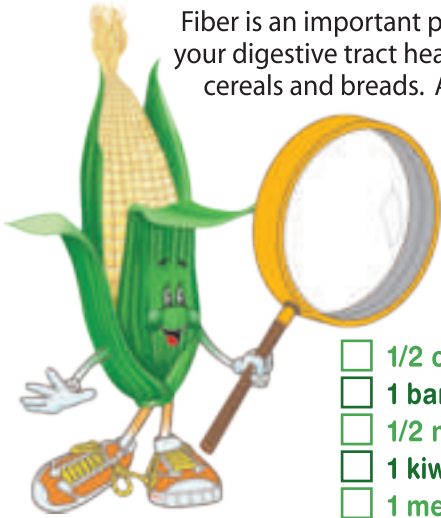


# Finding Fiber

## In Fruits & Vegetables



Fiber is an important part of a healthy diet. Fiber has no calories, but it plays an important role in keeping your digestive tract healthy. Fiber is only found in plant-based foods like fruits, vegetables, and whole grain cereals and breads. Animal products like milk, meat and cheese contain no fiber. Eating your 5 A Day is a great way to get the fiber your body needs every day.



Use the chart below to answer the following questions.  
Check the box next to the correct answer.

### Which has more fiber?

- |  |    |  |
|--|----|--|
| <input type="checkbox"/> 1/2 cup of broccoli   | or | <input type="checkbox"/> 5 spears of asparagus |
| <input type="checkbox"/> 1 banana              | or | <input type="checkbox"/> 17 grapes             |
| <input type="checkbox"/> 1/2 medium mango      | or | <input type="checkbox"/> 1 cup of cantaloupe   |
| <input type="checkbox"/> 1 kiwifruit           | or | <input type="checkbox"/> 1 peach               |
| <input type="checkbox"/> 1 medium sweet potato | or | <input type="checkbox"/> 1/2 cup corn          |

FRUIT OR VEGETABLE	5 A DAY SERVING SIZE	DIETARY FIBER, GRAMS
Apples	1 medium apple	3.3
Asparagus	5 medium stalks	1.7
Avocado	1/5 medium fruit	2.4
Bananas	1 medium banana	3.1
Bell peppers	1/2 medium bell pepper	1.0
Blueberries	1 cup of blueberries	3.5
Broccoli	1/2 cup of raw or steamed broccoli	1.1
Cabbage	1 cup of chopped raw cabbage	2.0
Cantaloupe	1 cup of cubed melon	1.4
Carrots	1 medium carrot or 8 baby carrots	1.7
Cauliflower	1/2 cup of raw or steamed cauliflower	1.2
Celery	2 medium stalks	1.3
Cherries	15 cherries	2.1
Corn	1/2 cup of cooked corn or 1 medium ear	2.4
Cucumbers	1/2 of a medium cucumber	0.8
Grapes	17 grapes	0.4
Grapefruit	1/2 medium grapefruit	1.3
Green beans	1/2 cup raw or steamed green beans	1.9
Honeydew melon	1 cup of cubed melon	1.3
Iceberg lettuce	1 cup chopped lettuce	0.9
Jicama	1/2 cup of chopped or sliced jicama	2.9
Kiwifruit	1 medium kiwifruit	2.6
Leaf lettuce	1 cup chopped lettuce	0.5
Mango	1/2 medium mango	1.5
Mushrooms	5 medium mushrooms or 1/2 cup chopped	1.1
Nectarines	1 medium nectarine	2.3
Oranges	1 medium orange	3.1
Papaya	1/2 medium fruit	2.7
Peaches	1 medium fruit	1.5
Pears	1 medium fruit	5.1
Pineapple	1/2 cup cubed fruit	1.1
Plums	2 medium plums	1.8
Potatoes	1 medium potato, baked with skin	3.6
Potatoes	1 medium potato, baked without the skin	2.3
Prunes	1/4 cup, or 4 prunes	2.4
Radishes	7 medium radishes	0.5
Raisins	1/4 cup of raisins	1.5
Raspberries	1 cup of berries	8.0
Strawberries	8 medium berries	1.9
Sweet potatoes	1 medium sweet potato	3.8
Tangerines	1 medium tangerine	1.5
Tomatoes	1 medium tomato, or 8 cherry tomatoes	1.6
Watermelon	1 cup of cubed melon	0.6