



# SCOOP ON POOP FIBER CHART

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	FOOD	TYPE OF FIBER	AMOUNT	FIBER (GRAMS)
FRUIT	Raspberries	Soluble & Insoluble	½ cup	4
	Blueberries	Soluble & Insoluble	½ cup	2
	Orange	Soluble	1 medium	3.1
	Apple with skin	Soluble & Insoluble	1 medium	5.4
	Pear with skin	Soluble & Insoluble	1 large	4.6
	Peach	Soluble & Insoluble	1 medium	2.1
	Avocado	Soluble & Insoluble	1 medium	12
VEGETABLES	Corn	Insoluble	1 cup cooked	5
	Broccoli	Soluble & Insoluble	1 cup	5
	Carrots	Soluble & Insoluble	1 cup	4.6
	Cauliflower	Insoluble	1 cup	3.1
	Green peas	Soluble & Insoluble	1 cup cooked	9
	Cooked artichoke hearts	Soluble & Insoluble	½ cup	7.2
BEANS & LENTILS	Kidney beans	Soluble	½ cup	7.4
	Lima beans	Soluble	½ cup	2.6
	Navy beans	Soluble	½ cup	3.1
	Lentils	Soluble	½ cup	7.8
GRAINS	100% bran cereal	Soluble	½ cup	12.5
	100% whole-wheat cereal	Soluble	1 cup	3
	100% whole-wheat bread	Soluble	1 slice	1.7
	Steel-cut oats	Soluble	1 cup	12
	Brown rice	Soluble	1 cup cooked	8
DRIED FRUIT	Prunes	Soluble	5 prunes	3.5 g
	Figs	Soluble	2 figs	3
NUTS & SEEDS	Almonds	Insoluble	¼ cup	4.5 g
	Flax seeds	Soluble	3 tsp	7