

## Fiber Contents of Foods

<b>What We Eat</b>	<b>Serving Size</b>	<b>Calorie Value</b>	<b>Fiber (g)</b>	<b>%RDA</b>	<b>Major Fiber Type</b>
Apple	100g	1	1	5	Insoluble
Grapes	100g	70	2.8	15	Insoluble
Potato	100g	100	0.4	2	Insoluble
Greens	100g	30	1	5	Insoluble
Peas (uncooked)	100g	95	4	20	Soluable
Beef	100g	115	0	0	None
Tomato	100g	20	0.8	4	Insoluble
Banana	100g	115	0.4	2	Insoluble
Corn Flakes	100g	390	1	5	Insoluble
Psyllium Husk	15g	Not Known	3.5	17	Insoluble
Fenugreek Seeds	10g	15	5	25	Soluable + Insoluble