



# Fiber Content Chart

Metamucil Varieties	Size of Dose/ Serving	Soluble Fiber Content per Serving (g)	Insoluble Fiber Content per Serving (g)	Total Fiber Content per Serving (g)
<b>Smooth Texture Orange Sugar</b>	<b>1 Tbsp</b>	<b>2.4</b>	<b>0.6</b>	<b>3.0</b>
<b>Original Texture Orange Sugar</b>	<b>1 Tbsp</b>	<b>2.4</b>	<b>0.6</b>	<b>3.0</b>
<b>Smooth Texture Orange Sugar-Free</b>	<b>1 Tbsp</b>	<b>2.4</b>	<b>0.6</b>	<b>3.0</b>
<b>Smooth Texture Regular</b>	<b>1 Tbsp</b>	<b>2.4</b>	<b>0.6</b>	<b>3.0</b>
<b>Original Texture Regular</b>	<b>1 Tbsp</b>	<b>2.4</b>	<b>0.6</b>	<b>3.0</b>
<b>Apple Crisp Fiber Waters</b>	<b>2 Waters</b>	<b>3.0</b>	<b>3.0</b>	<b>6.0</b>
<b>Cinnamon Spice Fiber Waters</b>	<b>2 Waters</b>	<b>3.0</b>	<b>3.0</b>	<b>6.0</b>

**Vegetables:** (cooked, unless otherwise noted)

Artichoke	1 globe	4.7	1.8	6.5
Asparagus	1/2 cup	0.7	1.1	1.8
Beans				
green/string canned	1/2 cup	0.5	0.8	1.3
kidney	1/2 cup	2.9	2.9	5.7
lima	1/2 cup	2.6	3.6	6.1
pinto	1/2 cup	1.9	5.5	7.4
white	1/2 cup	1.4	4.1	5.5
Broccoli	1/2 cup	1.4	1.4	2.8
Cabbage, green	1/2 cup	1.2	1.0	2.1
Cabbage, green (raw)	1/2 cup	0.3	0.5	0.8
Carrots	1/2 cup	1.1	1.5	2.6
Cauliflower	1/2 cup	0.6	1.4	2.0
Cauliflower (raw)	1/2 cup	0.5	0.8	1.3
Celery (raw)	1/2 cup	0.4	0.7	1.0
Collard greens	1/2 cup	1.1	0.2	1.3
Corn	1/2 cup	0.3	1.7	2.0
Cucumber (raw)	1/2 cup	0.1	0.4	0.4
Eggplant	1/2 cup	0.3	0.9	1.2
Green Peas	1/2 cup	1.3	3.1	4.4
Lettuce, iceberg (raw)	1/2 cup	0.1	0.3	0.4
Onions (raw)	1/2 cup	0.9	0.6	1.4
Potato, sweet	1/2 cup	1.4	2.4	3.8
Potato (baked with skin)	1/2 cup	0.6	0.9	1.5
Spinach	1/2 cup	0.5	2.2	2.7
Squash, acorn (baked)	1/2 cup	2.3	1.7	4.0
Tomato (raw)	1/2 cup	0.1	0.9	1.0
Zucchini	1/2 cup	0.5	0.7	1.3

Item	Size of Dose/ Serving	Soluble Fiber Content per Serving (g)	Insoluble Fiber Content per Serving (g)	Total Fiber Content per Serving (g)
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**Fruits:** (raw, unless otherwise noted)

Apple (with peel)	1 medium	1.0	2.8	3.7
Apricots	1 cup	2.0	1.7	3.7
Banana	1 medium	0.7	2.1	2.7
Blackberries	1 cup	1.4	5.8	7.2
Blueberries	1 cup	0.4	3.5	3.9
Boysenberries	1 cup	1.4	5.8	7.2
Cantaloupe	1 wedge	0.3	1.0	1.3
Grapefruit	1 medium	2.3	0.5	2.8
Grapes	1 cup	0.6	1.0	1.6
Orange	1 medium	1.8	1.3	3.1
Pear (with peel)	1 medium	2.2	1.8	4.0
Pineapple	1 cup	0.2	1.7	1.9
Plums	1 medium	0.5	0.5	1.0
Prunes (dried)	1/2 cup	3.1	2.7	5.7
Raspberries	1 cup	0.9	7.5	8.4
Strawberries	1 cup	3.4	0.9	3.4
Watermelon	1 slice	0.3	0.5	0.8

**Grain products and Others:**

<b>Bread:</b>				
french	1 slice	0.5	0.3	0.8
rye	1 slice	0.8	0.8	1.6
white	1 slice	0.3	0.3	0.6
whole wheat	1 slice	0.3	1.6	2.0
<b>Cereal:</b>				
bran	1 ounce	0.8	8.9	9.7
corn flakes	1 ounce	0.1	1.0	1.0
oat bran (uncooked)	1 ounce	2.0	2.3	4.3
oatmeal (uncooked)	1 ounce	1.4	1.6	3.0
shredded wheat	1 ounce	0.5	2.3	2.8
<b>Crackers:</b>				
graham	1 square	0.04	0.03	0.07
saltine	1 regular	0.04	0.03	0.09
<b>Rice:</b>				
brown (cooked)	1/2 cup	0.1	1.6	1.8
white (cooked)	1/2 cup	0.1	0.2	0.3
Spaghetti	2 ounces	1.3	0.8	2.1
Almonds (roasted)	1/2 cup	0.6	5.6	6.4
Peanuts (roasted)	1/2 cup	1.3	4.9	6.1

**Ingredients of METAMUCIL**

BE TENSURE THE SUM OF SOLUBLE AND INSOLUBLE FIBER AND TOTAL FIBER IS DUE TO STATISTICAL ROUNDING. REFERENCE NUTRIENT CALCULATIONS ARE BASED ON SOFTWARE VERSION 2.91 OF THE MINNESOTA NUTRITION DATA SYSTEM AND SOFTWARE DEVELOPED BY THE NUTRITION COUNSELING CENTER, UNIVERSITY OF MINNESOTA, MINNEAPOLIS, MN.