

Source: USDA National Nutrient Database for Standard Reference 28 Software v.2.3.7.5

Nutrients: Fiber, total dietary (g)

Food Subset:All Foods

Ordered by:Nutrient Content

Measured by:Household

Report Run at: 02-15-2016T18:29

Description	Weight(g)	Measure	Total Dietary Fiber in Grams
Corn bran, crude	76	1.0 cup	60
Hyacinth beans, mature seeds, raw	210	1.0 cup	53.8
Beans, small white, mature seeds, raw	215	1.0 cup	53.5
Peas, green, split, mature seeds, raw	197	1.0 cup	50.2
Beans, yellow, mature seeds, raw	196	1.0 cup	49.2
Beans, cranberry (roman), mature seeds, raw	195	1.0 cup	48.2
Winged beans, mature seeds, raw	182	1.0 cup	47.1
Beans, french, mature seeds, raw	184	1.0 cup	46.4
Beans, kidney, royal red, mature seeds, raw	184	1.0 cup	45.8
Beans, kidney, california red, mature seeds, raw	184	1.0 cup	45.8
Beans, kidney, all types, mature seeds, raw	184	1.0 cup	45.8
Lima beans, thin seeded (baby), mature seeds, raw	202	1.0 cup	41.6
Carob flour	103	1.0 cup	41
Mungo beans, mature seeds, raw	207	1.0 cup	37.9
Broadbeans (fava beans), mature seeds, raw	150	1.0 cup	37.5
Beans, great northern, mature seeds, raw	183	1.0 cup	37
Lupins, mature seeds, raw	180	1.0 cup	34
Lima beans, large, mature seeds, raw	178	1.0 cup	33.8
Mung beans, mature seeds, raw	207	1.0 cup	33.7
Barley, hulled	184	1.0 cup	31.8
Beans, navy, mature seeds, raw	208	1.0 cup	31.8
Cocoa, dry powder, unsweetened	86	1.0 cup	31.8
Barley, pearled, raw	200	1.0 cup	31.2
Chokecherries, raw, pitted (Northern Plains Indians)	154	1.0 cup	30.8
Pigeon peas (red gram), mature seeds, raw	205	1.0 cup	30.8
Beans, white, mature seeds, raw	202	1.0 cup	30.7
Rose Hips, wild (Northern Plains Indians)	127	1.0 cup	30.6

Rye flour, dark	128 1.0 cup	30.5
Soybeans, mature seeds, roasted, no salt added	172 1.0 cup	30.4
Soybeans, mature seeds, roasted, salted	172 1.0 cup	30.4
Beans, black, mature seeds, raw	194 1.0 cup	30.1
Beans, pinto, mature seeds, raw	193 1.0 cup	29.9
Beans, black turtle, mature seeds, raw	184 1.0 cup	28.5
Beans, kidney, red, mature seeds, raw	184 1.0 cup	28
Radishes, oriental, dried	116 1.0 cup	27.7
Beans, pink, mature seeds, raw	210 1.0 cup	26.7
Cocoa, dry powder, unsweetened, processed with alkali	86 1.0 cup	25.6
Rye grain	169 1.0 cup	25.5
Mammy-apple, (mamey), raw	846 1.0 fruit without refu	25.4
Beans, adzuki, mature seeds, raw	197 1.0 cup	25
Wheat bran, crude	58 1.0 cup	24.8
Rice bran, crude	118 1.0 cup	24.8
Passion-fruit, (granadilla), purple, raw	236 1.0 cup	24.5
Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200 1.0 cup	24.4
Seeds, breadnut tree seeds, dried	160 1.0 cup	23.8
Wheat, hard red winter	192 1.0 cup	23.4
Wheat, hard white	192 1.0 cup	23.4
Wheat, hard red spring	192 1.0 cup	23.4
Pumpkin pie mix, canned	270 1.0 cup	22.4
Gums, seed gums (includes locust bean, guar)	28.35 1.0 oz	21.9
Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128 1.0 cup	21.6
Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128 1.0 cup	21.6
Wheat, soft white	168 1.0 cup	21.3
Wheat, soft red winter	168 1.0 cup	21
Lentils, pink or red, raw	192 1.0 cup	20.7
Wheat, KAMUT khorasan, uncooked	186 1.0 cup	20.6
Lentils, raw	192 1.0 cup	20.5
Nuts, almonds, honey roasted, unblanched	144 1.0 cup whole kernel	19.7
Fungi, Cloud ears, dried	28 1.0 cup	19.6
Beans, navy, mature seeds, cooked, boiled, with salt	182 1.0 cup	19.1
Beans, navy, mature seeds, cooked, boiled, without salt	182 1.0 cup	19.1

Triticale flour, whole-grain	130 1.0 cup	19
Spelt, uncooked	174 1.0 cup	18.6
Beans, small white, mature seeds, cooked, boiled, with salt	179 1.0 cup	18.6
Beans, small white, mature seeds, cooked, boiled, without salt	179 1.0 cup	18.6
Beans, yellow, mature seeds, cooked, boiled, without salt	177 1.0 cup	18.4
Beans, yellow, mature seeds, cooked, boiled, with salt	177 1.0 cup	18.4
Soy flour, defatted	105 1.0 cup	18.4
Yardlong beans, mature seeds, raw	167 1.0 cup	18.4
Nuts, almonds	143 1.0 cup, whole	17.9
Beans, baked, canned, with franks	259 1.0 cup	17.9
Cowpeas, catjang, mature seeds, raw	167 1.0 cup	17.9
Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167 1.0 cup	17.7
Bulgur, dry	140 1.0 cup	17.5
Soup, black bean, canned, condensed	257 1.0 cup (8 fl oz)	17.5
Carrot, dehydrated	74 1.0 cup	17.5
Seeds, sesame seed kernels, dried (decorticated)	150 1.0 cup	17.4
Soybeans, mature seeds, raw	186 1.0 cup	17.3
KASHI, Pilaf, 7 Whole Grain, unprepared	140 0.5 cup	17.2
Buckwheat	170 1.0 cup	17
Millet, raw	200 1.0 cup	17
Seeds, sesame seeds, whole, dried	144 1.0 cup	17
KASHI Black Bean Mango, frozen, unprepared	283 1.0 entree	17
Buckwheat groats, roasted, dry	164 1.0 cup	16.9
Beans, adzuki, mature seeds, cooked, boiled, without salt	230 1.0 cup	16.8
Beans, adzuki, mature seed, cooked, boiled, with salt	230 1.0 cup	16.8
Beans, french, mature seeds, cooked, boiled, with salt	177 1.0 cup	16.6
Beans, french, mature seeds, cooked, boiled, without salt	177 1.0 cup	16.6
Beans, black turtle, mature seeds, canned	240 1.0 cup	16.6
Beans, black, mature seeds, canned, low sodium	240 1.0 cup	16.6
Oats	156 1.0 cup	16.5
Nuts, almonds, oil roasted, with salt added	157 1.0 cup whole kernel	16.5
Nuts, almonds, oil roasted, lightly salted	157 1.0 cup whole kernel	16.5
Nuts, almonds, oil roasted, without salt added	157 1.0 cup whole kernel	16.5
Beans, kidney, california red, mature seeds, cooked, boiled, without	177 1.0 cup	16.5

Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177 1.0 cup	16.5
Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177 1.0 cup	16.5
Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177 1.0 cup	16.5
Beans, cranberry (roman), mature seeds, canned	260 1.0 cup	16.4
Pears, dried, sulfured, stewed, without added sugar	255 1.0 cup, halves	16.3
Peas, split, mature seeds, cooked, boiled, without salt	196 1.0 cup	16.3
Peas, split, mature seeds, cooked, boiled, with salt	196 1.0 cup	16.3
Pears, dried, sulfured, stewed, with added sugar	280 1.0 cup, halves	16.2
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, dr	253 1.0 can drained	16.2
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, dr	254 1.0 can drained, rins	16
TACO BELL, Taco Salad	533 1.0 item	16
Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461 1.0 serving	15.7
Lentils, mature seeds, cooked, boiled, with salt	198 1.0 cup	15.6
Lentils, mature seeds, cooked, boiled, without salt	198 1.0 cup	15.6
Avocados, raw, California	230 1.0 cup, pureed	15.6
Blueberries, wild, canned, heavy syrup, drained	319 1.0 cup	15.6
Feijoa, raw	243 1.0 cup, pureed	15.6
Teff, uncooked	193 1.0 cup	15.4
Seeds, sunflower seed kernels, toasted, with salt added	134 1.0 cup	15.4
Seeds, sunflower seed kernels, toasted, without salt	134 1.0 cup	15.4
Meat extender	88 1.0 cup	15.4
Beans, pinto, mature seeds, cooked, boiled, without salt	171 1.0 cup	15.4
Beans, pinto, mature seeds, cooked, boiled, with salt	171 1.0 cup	15.4
Beans, black turtle, mature seeds, cooked, boiled, without salt	185 1.0 cup	15.4
Beans, black turtle, mature seeds, cooked, boiled, with salt	185 1.0 cup	15.4
Mung beans, mature seeds, cooked, boiled, without salt	202 1.0 cup	15.4
Mung beans, mature seeds, cooked, boiled, with salt	202 1.0 cup	15.4
Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red B	590 1.0 serving	15.3
Beans, pinto, canned, drained solids	277 1.0 can drained solid	15.2
Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177 1.0 cup	15.2
Beans, cranberry (roman), mature seeds, cooked, boiled, without sal	177 1.0 cup	15.2
Wheat germ, crude	115 1.0 cup	15.2
Nuts, almonds, dry roasted, without salt added	138 1.0 cup whole kernel	15
Nuts, almonds, dry roasted, with salt added	138 1.0 cup whole kernel	15

Beans, black, mature seeds, cooked, boiled, without salt	172 1.0 cup	15
Beans, black, mature seeds, cooked, boiled, with salt	172 1.0 cup	15
Barley flour or meal	148 1.0 cup	14.9
Beans, kidney, red, mature seeds, canned, drained solids	266 1.0 can drained solid	14.6
Figs, dried, uncooked	149 1.0 cup	14.6
Oat bran, raw	94 1.0 cup	14.5
Nuts, ginkgo nuts, canned	155 1.0 cup (78 kernels)	14.4
Nuts, almonds, blanched	145 1.0 cup whole kernel	14.4
Seeds, sunflower seed kernels, oil roasted, with salt added	135 1.0 cup	14.3
Seeds, sunflower seed kernels, oil roasted, without salt	135 1.0 cup	14.3
Seeds, sunflower seed kernels, dry roasted, without salt	128 1.0 cup	14.2
Potatoes, mashed, dehydrated, granules without milk, dry form	200 1.0 cup	14.2
Soy flour, low-fat	88 1.0 cup, stirred	14.1
Lima beans, thin seeded (baby), mature seeds, cooked, boiled, withc	182 1.0 cup	14
Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with :	182 1.0 cup	14
Beans, baked, canned, no salt added	253 1.0 cup	13.9
Beans, baked, canned, with pork	253 1.0 cup	13.9
Beans, baked, home prepared	253 1.0 cup	13.9
Peanuts, spanish, raw	146 1.0 cup	13.9
Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	30 0.5 cup (1 NLEA servi	13.9
Beans, kidney, red, mature seeds, canned, solids and liquid, low sodi	256 1.0 cup	13.6
Peanuts, all types, oil-roasted, with salt	144 1.0 cup, chopped	13.5
Peanuts, all types, oil-roasted, without salt	144 1.0 cup,	13.5
Pears, dried, sulfured, uncooked	180 1.0 cup, halves	13.5
Beans, navy, mature seeds, canned	262 1.0 cup	13.4
Potatoes, mashed, dehydrated, granules with milk, dry form	200 1.0 cup	13.2
Guavas, strawberry, raw	244 1.0 cup	13.2
Lima beans, large, mature seeds, cooked, boiled, without salt	188 1.0 cup	13.2
Lima beans, large, mature seeds, cooked, boiled, with salt	188 1.0 cup	13.2
Peaches, dried, sulfured, uncooked	160 1.0 cup, halves	13.1
Beans, kidney, red, mature seeds, cooked, boiled, with salt	177 1.0 cup	13.1
Beans, kidney, red, mature seeds, cooked, boiled, without salt	177 1.0 cup	13.1
Peanuts, spanish, oil-roasted, without salt	147 1.0 cup	13.1
Peanuts, spanish, oil-roasted, with salt	147 1.0 cup	13.1

Nuts, pistachio nuts, raw	123 1.0 cup	13
Amaranth grain, uncooked	193 1.0 cup	12.9
Avocados, raw, Florida	230 1.0 cup, pureed	12.9
Sorghum grain	192 1.0 cup	12.9
Wheat flour, whole-grain	120 1.0 cup	12.8
Beans, great northern, mature seeds, canned, low sodium	262 1.0 cup	12.8
Beans, great northern, mature seeds, canned	262 1.0 cup	12.8
Peanuts, valencia, oil-roasted, with salt	144 1.0 cup	12.8
Peanuts, valencia, oil-roasted, without salt	144 1.0 cup	12.8
Sapodilla, raw	241 1.0 cup, pulp	12.8
Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	30 0.333 cup (1 NLEA se	12.8
Peanuts, virginia, oil-roasted, without salt	143 1.0 cup	12.7
Peanuts, virginia, oil-roasted, with salt	143 1.0 cup	12.7
Peanuts, valencia, raw	146 1.0 cup	12.7
Nuts, pistachio nuts, dry roasted, with salt added	123 1.0 cup	12.7
Nuts, pistachio nuts, dry roasted, without salt added	123 1.0 cup	12.7
Beans, white, mature seeds, canned	262 1.0 cup	12.6
Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, bo	164 1.0 cup	12.5
Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, bo	164 1.0 cup	12.5
Peanuts, virginia, raw	146 1.0 cup	12.4
Beans, great northern, mature seeds, cooked, boiled, without salt	177 1.0 cup	12.4
Beans, great northern, mature seeds, cooked, boiled, with salt	177 1.0 cup	12.4
Plums, dried (prunes), uncooked	174 1.0 cup, pitted	12.4
Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137 1.0 cup	12.3
Peanuts, all types, dry-roasted, without salt	146 1.0 cup	12.3
Corn grain, yellow	166 1.0 cup	12.1
Soup, bean with frankfurters, canned, condensed	263 1.0 cup (8 fl oz)	12.1
Restaurant, Latino, black bean soup	246 1.0 cup	12.1
Rye flour, medium	102 1.0 cup	12
Buckwheat flour, whole-groat	120 1.0 cup	12
Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS p	147 1.0 cup	11.9
Quinoa, uncooked	170 1.0 cup	11.9
Restaurant, Mexican, refried beans	148 1.0 cup	11.8
Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64 1.0 cup	11.8

Seeds, pumpkin and squash seeds, whole, roasted, without salt	64 1.0 cup	11.8
Dates, deglet noor	147 1.0 cup, chopped	11.8
Nuts, chestnuts, european, raw, unpeeled	145 1.0 cup	11.7
Lima beans, large, mature seeds, canned	241 1.0 cup	11.6
Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey	30 0.75 cup (1 NLEA ser	11.6
Pasta, gluten-free, corn, dry	105 1.0 cup	11.6
Nuts, macadamia nuts, raw	134 1.0 cup, whole or hal	11.5
Seeds, sunflower seed kernels from shell, dry roasted, with salt adde	128 1.0 cup	11.5
Mungo beans, mature seeds, cooked, boiled, with salt	180 1.0 cup	11.5
Seeds, sunflower seed kernels, dry roasted, with salt added	128 1.0 cup	11.5
Mungo beans, mature seeds, cooked, boiled, without salt	180 1.0 cup	11.5
Barley malt flour	162 1.0 cup	11.5
Cereals ready-to-eat, KASHI GOOD FRIENDS	53 1.0 cup (1 NLEA servi	11.5
Refried beans, canned, vegetarian	242 1.0 cup	11.4
Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177 1.0 cup	11.3
Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177 1.0 cup	11.3
Beans, white, mature seeds, cooked, boiled, without salt	179 1.0 cup	11.3
Beans, white, mature seeds, cooked, boiled, with salt	179 1.0 cup	11.3
Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168 1.0 cup	11.3
Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168 1.0 cup	11.3
Raisins, seeded	165 1.0 cup, packed	11.2
Soup, bean with ham, canned, chunky, ready-to-serve	243 1.0 cup (8 fl oz)	11.2
Cereals ready-to-eat, UNCLE SAM CEREAL	55 0.75 cup (1 NLEA ser	11.2
Nuts, hazelnuts or filberts	115 1.0 cup, chopped	11.2
Cowpeas, common (blackeyes, crowder, southern), mature seeds, co	171 1.0 cup	11.1
Cowpeas, common (blackeyes, crowder, southern), mature seeds, co	171 1.0 cup	11.1
ON THE BORDER, refried beans	135 1.0 cup	11.1
Apricots, dried, sulfured, stewed, with added sugar	270 1.0 cup, halves	11.1
Beans, pinto, mature seeds, canned, solids and liquids	240 1.0 cup	11
Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240 1.0 cup	11
Beans, kidney, red, mature seeds, canned, solids and liquids	256 1.0 cup	11
Beans, kidney, all types, mature seeds, canned	256 1.0 cup	11
Sugar-apples, (sweetsop), raw	250 1.0 cup, pulp	11
Raspberries, frozen, red, sweetened	250 1.0 cup, thawed	11

Beans, baked, canned, with pork and sweet sauce	249 1.0 cup	11
Frijoles rojos volteados (Refried beans, red, canned)	233 1.0 cup	11
Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drain	170 1.0 cup	10.9
Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drain	170 1.0 cup	10.9
Figs, dried, stewed	259 1.0 cup	10.9
Cereals ready-to-eat, granola, homemade	122 1.0 cup	10.9
Refried beans, canned, fat-free	231 1.0 cup	10.9
APPLEBEE'S, crunchy onion rings	350 1.0 serving	10.8
Breadfruit, raw	220 1.0 cup	10.8
Soybeans, green, raw	256 1.0 cup	10.8
Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170 1.0 cup	10.7
Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	170 1.0 cup	10.7
Beans, chili, barbecue, ranch style, cooked	253 1.0 cup	10.6
Peppers, hot chile, sun-dried	37 1.0 cup	10.6
Nuts, macadamia nuts, dry roasted, without salt added	132 1.0 cup, whole or hal	10.6
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, so	240 1.0 cup	10.6
Nuts, macadamia nuts, dry roasted, with salt added	132 1.0 cup, whole or hal	10.6
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, so	240 1.0 cup	10.6
Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Choco	30 0.75 cup (1 NLEA ser	10.6
Nuts, pecans	109 1.0 cup, chopped	10.5
Cereals ready-to-eat, KASHI GOLEAN	52 1.0 cup (1 NLEA servi	10.5
Nuts, pecans, oil roasted, with salt added	110 1.0 cup	10.4
Nuts, pecans, oil roasted, without salt added	110 1.0 cup	10.4
Beans, baked, canned, plain or vegetarian	254 1.0 cup	10.4
Cereals ready-to-eat, FAMILIA	122 1.0 cup	10.4
Soybeans, mature cooked, boiled, without salt	172 1.0 cup	10.3
Soybeans, mature seeds, cooked, boiled, with salt	172 1.0 cup	10.3
Pasta, whole grain, 51% whole wheat, remaining enriched semolina,	91 1.0 cup spaghetti	10.3
Elderberries, raw	145 1.0 cup	10.2
Wasabi, root, raw	130 1.0 cup, sliced	10.1
Avocados, raw, all commercial varieties	150 1.0 cup, cubes	10
Squash, winter, hubbard, baked, without salt	205 1.0 cup, cubes	10
Squash, winter, hubbard, baked, with salt	205 1.0 cup, cubes	10
Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber	45 1.0 packet (1 NLEA s	10

Candies, semisweet chocolate, made with butter	170 1.0 cup chips (6 oz p:	10
Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Prote	55 1.0 cup (1 NLEA servi	10
Nuts, brazilnuts, dried, unblanched	80 1.0 bar	10
Chickpea flour (besan)	133 1.0 cup, whole	10
Wild rice, raw	92 1.0 cup	9.9
Bananas, dehydrated, or banana powder	160 1.0 cup	9.9
Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	100 1.0 cup	9.9
Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLU'	52 1.0 cup (1 NLEA servi	9.9
Beans, baked, canned, with pork and tomato sauce	55 1.0 cup (1 NLEA servi	9.8
Lima beans, immature seeds, frozen, baby, unprepared	246 1.0 cup	9.8
Soup, bean & ham, canned, reduced sodium, prepared with water c	164 1.0 cup	9.8
Cornmeal, yellow, self-rising, degermed, enriched	245 1.0 cup	9.8
Cornmeal, white, self-rising, degermed, enriched	138 1.0 cup	9.8
Currants, zante, dried	138 1.0 cup	9.8
Seeds, chia seeds, dried	144 1.0 cup	9.8
Raspberries, wild (Northern Plains Indians)	28.35 1.0 oz	9.8
Plums, wild (Northern Plains Indians)	130 1.0 cup	9.8
Restaurant, Chinese, vegetable lo mein, without meat	161 1.0 cup	9.7
Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	741 1.0 order	9.6
KASHI Pizza, Tikka Masala, single serve, frozen, unprepared	50 1.0 cup (1 NLEA servi	9.6
Apricots, dried, sulfured, uncooked	159 1.0 pizza	9.5
Peanut flour, defatted	130 1.0 cup, halves	9.5
Beans, kidney, red, mature seeds, canned, drained solids, rinsed in t:	60 1.0 cup	9.5
Peanut flour, low fat	158 1.0 cup cup rinsed sc	9.5
Broadbeans (fava beans), mature seeds, canned	60 1.0 cup	9.5
Sapote, mamey, raw	256 1.0 cup	9.5
Natto	175 1.0 cup 1" pieces	9.5
Beans, fava, in pod, raw	175 1.0 cup	9.5
Potato flour	126 1.0 cup	9.4
Plums, dried (prunes), stewed, with added sugar	160 1.0 cup	9.4
Nuts, mixed nuts, oil roasted, with peanuts, with salt added	248 1.0 cup, pitted	9.4
Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134 1.0 cup	9.4
Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN RO	134 1.0 cup	9.4
	132 1.0 cup	9.4

Restaurant, Chinese, vegetable chow mein, without meat or noodles	777 1.0 order	9.3
Frostings, chocolate, creamy, dry mix	388 1.0 package	9.3
Vegetables, mixed, canned, solids and liquids	245 1.0 cup	9.3
KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk	70 2.0 waffles	9.2
Durian, raw or frozen	243 1.0 cup, chopped or	9.2
Pasta, whole grain, 51% whole wheat, remaining unenriched semolin	91 1.0 cup spaghetti	9.2
Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170 1.0 cup	9.2
Lima beans, immature seeds, cooked, boiled, drained, without salt	170 1.0 cup	9.2
Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170 1.0 cup	9.2
MORNINGSTAR FARMS Tuscan Greens & Beans, frozen, unprepared	241 1.0 entree	9.2
Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653 1.0 serving	9.1
Raspberries, frozen, unsweetened	140 1.0 cup, unthawed	9.1
Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31 0.5 cup (1 NLEA servi	9.1
Restaurant, Chinese, kung pao chicken	604 1.0 order	9.1
KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip	70 2.0 waffles	9
Squash, winter, acorn, cooked, baked, without salt	205 1.0 cup, cubes	9
Squash, winter, acorn, cooked, baked, with salt	205 1.0 cup, cubes	9
Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drain	170 1.0 cup	9
Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drain	170 1.0 cup	9
Lima beans, immature seeds, cooked, boiled, drained, with salt	170 1.0 cup	9
Formulated bar, high fiber, chewy, oats and chocolate	40 1.0 bar	9
Beans, pink, mature seeds, cooked, boiled, without salt	169 1.0 cup	9
Beans, pink, mature seeds, cooked, boiled, with salt	169 1.0 cup	9
Cereals, whole wheat hot natural cereal, dry	94 1.0 cup	8.9
Lima beans, immature seeds, canned, no salt added, solids and liquid	248 1.0 cup	8.9
OLIVE GARDEN, spaghetti with meat sauce	525 1.0 serving	8.9
Fast foods, burrito, with beans, cheese, and beef	241 1.0 burrito	8.9
TACO BELL, BURRITO SUPREME with beef	241 1.0 burrito	8.9
Guavas, common, raw	165 1.0 cup	8.9
Cornmeal, whole-grain, yellow	122 1.0 cup	8.9
Cornmeal, whole-grain, white	122 1.0 cup	8.9
Prunes, canned, heavy syrup pack, solids and liquids	234 1.0 cup	8.9
Restaurant, Italian, spaghetti with meat sauce	554 1.0 serving	8.9
Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters	51 1.0 Cup (1 NLEA serv	8.8

Refried beans, canned, traditional style (includes USDA commodity)	238 1.0 cup	8.8
Refried beans, canned, traditional, reduced sodium	238 1.0 cup	8.8
Peas, green, cooked, boiled, drained, with salt	160 1.0 cup	8.8
Peas, green, cooked, boiled, drained, without salt	160 1.0 cup	8.8
Lima beans, immature seeds, frozen, fordhook, unprepared	160 1.0 cup	8.8
KASHI Pizza, Greek Tzatziki, single serve, frozen, unprepared	149 1.0 pizza	8.8
SMART SOUP, Moroccan Chick Pea	283 10.0 oz 1 pouch	8.8
Blackberries, canned, heavy syrup, solids and liquids	256 1.0 cup	8.7
Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	59 1.25 cup (1 NLEA ser	8.7
Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510 1.0 serving	8.7
Couscous, dry	173 1.0 cup	8.6
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained,	180 1.0 cup	8.6
Succotash, (corn and limas), cooked, boiled, drained, without salt	192 1.0 cup	8.6
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained,	180 1.0 cup	8.6
Peas and carrots, frozen, cooked, boiled, drained, without salt	278 1.0 package (10 oz) y	8.6
Restaurant, Chinese, beef and vegetables	574 1.0 order	8.6
Peas, green (includes baby and lesuer types), canned, drained solids,	175 1.0 cup	8.6
Guava sauce, cooked	238 1.0 cup	8.6
Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble	51 0.75 cup (1 NLEA ser	8.6
Corn flour, whole-grain, white	117 1.0 cup	8.5
Corn flour, whole-grain, yellow	117 1.0 cup	8.5
Syrups, chocolate, fudge-type	304 1.0 cup	8.5
Nuts, walnuts, black, dried	125 1.0 cup, chopped	8.5
KASHI, Lemongrass Coconut Chicken, Frozen Entree	283 1.0 package	8.5
KASHI Mayan Harvest Bake, frozen, unprepared	283 1.0 entree	8.5
DENNY'S, spaghetti and meatballs	565 1.0 serving	8.5
Raspberries, canned, red, heavy syrup pack, solids and liquids	256 1.0 cup	8.4
Chili with beans, canned	256 1.0 cup	8.4
Nuts, coconut meat, dried (desiccated), sweetened, flaked, package	85 1.0 cup	8.4
Peas and carrots, canned, no salt added, solids and liquids	255 1.0 cup	8.4
Restaurant, Chinese, shrimp and vegetables	601 1.0 order	8.4
Candies, confectioner's coating, peanut butter	168 1.0 cup chips	8.4
Nance, frozen, unsweetened	112 1.0 cup without pits,	8.4
Soup, black bean, canned, prepared with equal volume water	247 1.0 cup	8.4

Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131 1.0 cup	8.4
Pasta, whole-wheat, dry	91 1.0 cup spaghetti	8.4
Beans, shellie, canned, solids and liquids	245 1.0 cup	8.3
MORNINGSTAR FARMS Pizza, Baja Black Bean, single serve, frozen, u	160 1.0 pizza	8.3
CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489 1.0 serving	8.3
Peas, green, raw	145 1.0 cup	8.3
Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with	165 1.0 cup	8.2
Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with	165 1.0 cup	8.2
Soy flour, full-fat, roasted	85 1.0 cup, stirred	8.2
Stew, hominy with mutton (Navajo)	411 1.0 serving	8.2
Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222 1.0 serving	8.2
TACO BELL, Nachos Supreme	222 1.0 serving	8.2
KASHI, Tuscan Veggie Bake, Frozen Entree	283 1.0 package	8.2
SMART SOUP, French Lentil	283 10.0 oz 1 pouch	8.2
Sweet potato, cooked, boiled, without skin, with salt	328 1.0 cup, mashed	8.2
Sweet potato, cooked, boiled, without skin	328 1.0 cup, mashed	8.2
Seeds, cottonseed kernels, roasted (glandless)	149 1.0 cup	8.2
Bulgur, cooked	182 1.0 cup	8.2
Cereals, oats, regular and quick, not fortified, dry	81 1.0 cup	8.2
Cornmeal, yellow, self-rising, bolted, plain, enriched	122 1.0 cup	8.2
Cornmeal, white, self-rising, bolted, plain, enriched	122 1.0 cup	8.2
Rye flour, light	102 1.0 cup	8.2
OLIVE GARDEN, spaghetti with pomodoro sauce	478 1.0 serving	8.1
CAMPBELL'S CHUNKY Soups, Hearty Bean 'N' Ham Soup	245 1.0 cup	8.1
Cereals ready-to-eat, POST Raisin Bran Cereal	59 1.0 cup (1 NLEA servi	8.1
KASHI Spinach Artichoke Pasta, frozen, unprepared	269 1.0 entree	8.1
Soy flour, full-fat, raw	84 1.0 cup, stirred	8.1
CAMPBELL'S Red and White, Bean with Bacon Soup, condensed	128 1.0 serving 1/2 cup	8.1
Edamame, frozen, prepared	155 1.0 cup	8.1
Campbell's Brown Sugar And Bacon Flavored Baked Beans	130 0.5 cup	8.1
Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble	51 0.75 cup (1 NLEA ser	8.1
CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537 1.0 serving	8.1
KASHI Italian Vegetable Medley Pasta, frozen, unprepared	298 0.5 package	8
Burrito, beef and bean, microwaved	116 1.0 burrito cooked	8

Cowpeas (blackeyes), immature seeds, frozen, unprepared	160 1.0 cup	8
Raspberries, raw	123 1.0 cup	8
Chili con carne with beans, canned entree	242 1.0 cup	8
Sorghum flour, whole-grain	121 1.0 cup	8
Succotash, (corn and limas), canned, with cream style corn	266 1.0 cup	8
Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	53 0.67 Cup (1 NLEA ser	8
Cowpeas, common (blackeyes, crowder, southern), mature seeds, ca	240 1.0 cup	7.9
Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144 1.0 cup	7.9
Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144 1.0 cup	7.9
Cowpeas, common (blackeyes, crowder, southern), mature seeds, ca	240 1.0 cup	7.9
KASHI Spicy Black Bean Enchilada, frozen, unprepared	255 1.0 entree	7.9
Pigeonpeas, immature seeds, raw	154 1.0 cup	7.9
Nuts, walnuts, english	117 1.0 cup, chopped	7.8
WORTHINGTON Chili, canned, unprepared	230 1.0 cup	7.8
KASHI, STEAM MEAL, Sesame Chicken, Frozen Entree	269 1.0 package	7.8
Loganberries, frozen	147 1.0 cup, unthawed	7.8
TACO BELL, Bean Burrito	185 1.0 each burrito	7.8
Fast foods, burrito, with beans and cheese	185 1.0 each burrito	7.8
Seeds, pumpkin and squash seed kernels, dried	129 1.0 cup	7.7
Artichokes, (globe or french), frozen, cooked, boiled, drained, with s	168 1.0 cup	7.7
Artichokes, (globe or french), frozen, cooked, boiled, drained, withoi	168 1.0 cup	7.7
Soup, bean with pork, canned, prepared with equal volume water	266 1.0 serving 1 cup	7.7
Plums, dried (prunes), stewed, without added sugar	248 1.0 cup, pitted	7.7
Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	53 0.75 Cup (1 NLEA ser	7.7
Nuts, hickorynuts, dried	120 1.0 cup	7.7
Soup, bean with pork, canned, condensed	130 0.5 cup	7.7
Seeds, pumpkin and squash seed kernels, roasted, with salt added	118 1.0 cup	7.7
Seeds, pumpkin and squash seed kernels, roasted, without salt	118 1.0 cup	7.7
Oranges, raw, with peel	170 1.0 cup	7.6
Lima beans, immature seeds, raw	156 1.0 cup	7.6
SMART SOUP, Greek Minestrone	283 10.0 oz 1 pouch	7.6
Blackberries, raw	144 1.0 cup	7.6
Collards, cooked, boiled, drained, with salt	190 1.0 cup, chopped	7.6
Collards, cooked, boiled, drained, without salt	190 1.0 cup, chopped	7.6

Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted	55 30.0 biscuits (1 NLEA	7.6
Bread, paratha, whole wheat, commercially prepared, frozen	79 1.0 piece	7.6
Spelt, cooked	194 1.0 cup	7.6
Soybeans, green, cooked, boiled, drained, with salt	180 1.0 cup	7.6
Soybeans, green, cooked, boiled, drained, without salt	180 1.0 cup	7.6
Blackberries, frozen, unsweetened	151 1.0 cup, unthawed	7.6
Toppings, nuts in syrup	328 1.0 cup	7.5
T.G.I. FRIDAY'S, french fries	184 1.0 serving	7.5
Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	58 0.5 cup (1 NLEA servi	7.5
Soybeans, mature seeds, dry roasted	93 1.0 cup	7.5
Apples, dried, sulfured, uncooked	86 1.0 cup	7.5
Apples, dehydrated (low moisture), sulfured, uncooked	60 1.0 cup	7.4
Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	63 3.0 biscuits (1 NLEA s	7.4
Soursop, raw	225 1.0 cup, pulp	7.4
Cereals, KASHI GO LEAN Hot Cereal, Creamy TRULY VANILLA, dry	40 1.0 packet (1 NLEA s	7.4
Wheat, KAMUT khorasan, cooked	172 1.0 cup	7.4
KASHI Mushroom & Asparagus Risotto, frozen, unprepared	284 0.5 package	7.4
SMART SOUP, Indian Bean Masala	283 10.0 oz 1 pouch	7.4
KASHI, Chicken Pasta Pomodoro, Frozen Entree	283 1.0 package	7.4
Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126 1.0 piece	7.3
Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146 1.0 cup	7.3
Corn flour, masa, unenriched, white	114 1.0 cup	7.3
Corn flour, yellow, masa, enriched	114 1.0 cup	7.3
Corn flour, masa, enriched, white	114 1.0 cup	7.3
Nuts, chestnuts, european, roasted	143 1.0 cup	7.3
Rice flour, brown	158 1.0 cup	7.3
KASHI Three Cheese Penne, frozen, unprepared	269 1.0 EntrÃ©e	7.3
Cowpeas (blackeyes), immature seeds, raw	145 1.0 cup	7.2
Fast foods, burrito, with beans and beef	241 1.0 item	7.2
Nuts, coconut meat, raw	80 1.0 cup, shredded	7.2
Pumpkin, canned, with salt	245 1.0 cup	7.1
CAMPBELL'S CHUNKY Soups, Grilled Steak- Steak Chili with Beans	245 1.0 cup	7.1
Pumpkin, canned, without salt	245 1.0 cup	7.1
Chili with beans, microwavable bowls	244 1.0 cup	7.1

KASHI, Sweet and Sour Chicken, Frozen Entree	283 1.0 package	7.1
Rowal, raw	114 0.5 cup	7.1
Restaurant, Chinese, sweet and sour chicken	706 1.0 order	7.1
Teff, cooked	252 1.0 cup	7.1
Campbell's Pork and Beans	130 0.5 cup	7
Candies, milk chocolate coated peanuts	149 1.0 cup	7
Boysenberries, frozen, unsweetened	132 1.0 cup, unthawed	7
Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170 1.0 cup	7
Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170 1.0 cup	7
Peaches, dried, sulfured, stewed, without added sugar	258 1.0 cup	7
Fruit juice smoothie, NAKED JUICE, BLUE MACHINE	240 8.0 fl oz	7
CRACKER BARREL, steak fries	198 1.0 serving	6.9
Artichokes, (globe or french), raw	128 1.0 artichoke, medium	6.9
Potatoes, Russet, flesh and skin, baked	299 1.0 potato large (3" t	6.9
Restaurant, Italian, lasagna with meat	457 1.0 serving	6.9
Squash, winter, hubbard, cooked, boiled, mashed, without salt	236 1.0 cup, mashed	6.8
Squash, winter, hubbard, cooked, boiled, mashed, with salt	236 1.0 cup, mashed	6.8
Artichokes, (globe or french), cooked, boiled, drained, with salt	120 1.0 artichoke, medium	6.8
Artichokes, (globe or french), cooked, boiled, drained, without salt	120 1.0 artichoke, medium	6.8
KASHI Pesto Pasta Primavera, frozen, unprepared	283 1.0 entree	6.8
Cereals ready-to-eat, KASHI 7 Whole Grain Nuggets	58 0.5 cup (1 NLEA servi	6.8
MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	67 1.0 Burger	6.8
MORNINGSTAR FARMS Roasted Garlic & Quinoa Burger, frozen, unprepared	67 1.0 burger	6.8
Oat flour, partially debranned	104 1.0 cup	6.8