

# Soluble Fiber Threshold Foods Chart



**4 grams of soluble fiber** every meal or snack from  
**3 of 5 food groups in this SFT Foods Chart**  
 as well as ingesting at least  
**1 serving of each of 5 food groups per day.**

Legumes	Serving Size	Calories	Soluble (g)	+	Insoluble (g)	=	Total Fiber (g)
Kidney beans	1/2 cup	105	3		3		6
Black beans	1/3 cup	70	2		3		5
Lima beans	1/2 cup	105	1		3		4
Chick peas	1/2 cup	100	1		3		4
Pinto beans	1/3 cup	70	1		3.5		4.5
Lentils	1 cup	200	1		9		10

Nuts / Seeds	Serving Size	Calories	Soluble (g)	+	Insoluble (g)	=	Total Fiber (g)
Walnuts	1 oz. (7 whole)	185	1		1		2
Sunflower seeds	4 tbsp	200	1		1		2
Flaxseeds	1 tbsp	40	1		2		3
Peanuts	1/4 cup	210	1		2		3
Almonds	1 oz (22 nuts)	172	1		2		3

Fruits	Serving Size	Calories	Soluble (g)	+	Insoluble (g)	=	Total Fiber (g)
Plums	1 medium	30	1		0.5		1.5
Grapefruit	1/2 medium	40	1		0.5		1.5
Blackberries	1/2 cup	30	3		1		4
Orange	1 small	60	2		1		3
Grapes	1 cup	100	1		1		2
Mango	2/3 cup	70	1		1		2
Prunes	1/2 cup	210	3		3		6
Peach	1 medium	60	1		1		2
Nectarine	1 medium	60	1		1		2
Figs (dried)	3 fruits	150	2		2.5		4.5
Strawberries	1 cup	45	1		3		4
Cherries	1 cup	90	1		2		3
Blueberries	1 cup	60	1		3		4
Pears	1 medium	95	1		2		3
Apple	1 medium	70	1		2		3
Banana	1 medium	105	1		2		3
Raspberries	1 cup	65	1		2.3		3.3
Watermelon	2 1/2 cup	120	1		.2		1.2

Cereals, Rice & Grains	Serving Size	Calories	Soluble (g)	+	Insoluble (g)	=	Total Fiber (g)
Oatmeal (cooked)	1/2 cup	70	1		1		2
Pearl barley	1/4 cup	50	1		1.5		2.5
Corn grits	1 cup	160	1		2		3
Spaghetti	1 cup	220	1		2		3
Wheat germ	1/4 cup	105	1		3		4
Brown rice (cooked)	1 cup	210	1		6		7
Shredded wheat	1 cup	125	1		7.4		8.4

Vegetables	Serving Size	Calories	Soluble (g)	+	Insoluble (g)	=	Total Fiber (g)
Asparagus	3/4 cup	15	2		1.5		3.5
Artichoke	1/2 cup	45	3		1		4
Broccoli	1/2 cup	25	1		.5		1.5
Brussels sprouts	1/2 cup	25	3		1.5		4.5
Squash, acorn	1 cup	90	5		3		8
Onions	1 cup	90	2		1		3
Tofu	1/2 cup	75	1		0.5		1.5
Jicama	1/3 cup	50	3		3		6
Spinach	2 cup	20	1		1		2
Cauliflower	1 cup	30	1		1		2
Carrots	1/2 cup	25	1		1		2
Pepper (green/red)	1 cup chopped	40	1		1		2
Zucchini	1 cup	35	1		1		2
Potato, sweet (no skin)	1/2 cup	90	2		2		4.0
Potato	1 cup	115	1		2		3
Avocado	1/4 cup	60	1		1.5		2.5
Kale (raw)	2 cup	80	3		7		10
Green string beans	1 cup	40	1		3		4
Green Peas	1/3 cup	90	1		1.5		2.5