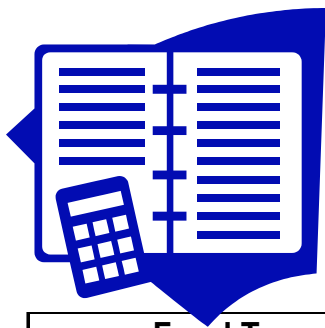


Soluble Fiber Record

Food Type	Amount	# Servings	Soluble Fiber	Total Soluble Fiber
Vegetables				
Asparagus, cooked	2/3 cup		2	
Baked potato w/ skin	1 small		1	
Broccoli/carrots	1/2 cup		1	
Brussel Sprouts	1/2 cup		3	
Collard Greens	1 cup		3	
Green beans	1/2 cup		1	
Squash, butternut	1/2 cup		0.5	
Sweet peas	1/2 cup		1.5	
Sweet potato w/ skin	1 small		1.5	
Fruits				
Apple	1 medium		1	
Apricots, dried	7 halves		1.1	
Apricots, fresh	1 small		1	
Banana	1 medium		1	
Black/Blueberries	1/2 cup		1	
Dried Figs	1 1/2		1.1	
Grapefruit	1/2 med		1	
Mango, flesh	1/2 small		1.7	
Nectarines	1 medium		1	
Orange/Pear/Tangerine	1 medium		2	
Peaches/Plums	1 medium		1	
Prunes	1/4 cup		1.5	
Legumes				
Black/Pinto beans, cooked	1/2 cup		2	
Black eyed peas	1/2 cup		1	
Garbanzo beans	1/2 cup		1.5	
Kidney beans, cooked	1/2 cup		3	
Lentils/split peas	1/2 cup		1	
Lima beans, cooked	1/2 cup		3.5	
Navy beans, cooked	1/2 cup		2	
Northern beans, cooked	1/2 cup		1.5	
Soy beans, cooked	1/2 cup		1.5	
Daily Totals:				



Soluble Fiber Record

Food Type	Amount	# Servings	Soluble Fiber	Total Soluble Fiber
Grains				
All Bran Bran Buds	1/3 cup		4	
Barley, cooked	1/2 cup		1	
Bran Flakes	3/4 cup		0.5	
Brown Rice	1/2 cup		0.4	
Cheerios	1 cup		1	
Cinnamon Oat Crunch	1 cup		2	
Fiber 1	1/2 cup		1	
Oat Bran	1 1/4 cups		2	
Oat Bran Flakes	3/4 cup		2	
Oatmeal/Oat bran (dry)	1/3 cup		2	
Oatmeal, instant	1 packet		1.5	
Oatmeal Crisp Apple Cinn	1 cup		1	
Pumpernickel bread	1 slice		1.2	
Raisin Bran	1 cup		1.3	
Rye Bread	1 slice		1	
Shredded wheat	2/3 cup		0.5	
Toasted Oatmeal Squares	1 cup		2	
Wheat Chex	1 cup		1	
White Bread	1 slice		0.2	
Oat bran bread	1 slice		0.6	
Whole-wheat bread	1 slice		0.4	
Whole-wheat pasta	1/2 cup		0.5	
Nuts/Seeds				
Almonds, roasted	1/3 cup		0.5	
Soynuts, roasted	1/4 cup		3.5	
Sunflower seeds	1/4 cup		0.5	
Daily Totals:				