

# USDA National Nutrient Database for Standard Reference Release 1

## Nutrients: Fiber, total dietary (g)

Food Groups: Fruits and Fruit Juices

Food Subset: Abridged List

Ordered by: Nutrient Content

Measured by: 100 g

Report Run at: February 09, 2019 11:24 EST

NDB_No	Description	Fiber, total dietary(g) Value Per
09216	Orange peel, raw	10.60
09231	Passion-fruit, (granadilla), purple, raw	10.40
09260	Pears, dried, sulfured, stewed, without added sugar	6.40
09428	Rowal, raw	6.20
09057	Boysenberries, frozen, unsweetened	5.30
09167	Loganberries, frozen	5.30
09048	Blackberries, frozen, unsweetened	5.00
09353	Blueberries, wild, canned, heavy syrup, drained	4.90
09059	Breadfruit, raw	4.90
09205	Oranges, raw, with peel	4.50
09085	Currants, zante, dried	4.40
09084	Currants, red and white, raw	4.30
09107	Gooseberries, raw	4.30
09129	Grapes, muscadine, raw	3.90
09263	Persimmons, japanese, raw	3.60
09195	Olives, pickled, canned or bottled, green	3.30
09252	Pears, raw	3.10
09148	Kiwifruit, green, raw	3.00
09089	Figs, raw	2.90
09060	Carambola, (starfruit), raw	2.80
09357	Apricots, canned, heavy syrup, drained	2.70
09033	Apricots, dried, sulfured, stewed, without added sugar	2.60
09056	Boysenberries, canned, heavy syrup	2.60
09201	Oranges, raw, California, valencias	2.50
09055	Blueberries, frozen, sweetened	2.20
09090	Figs, canned, water pack, solids and liquids	2.20
09278	Plantains, yellow, baked	2.20
09070	Cherries, sweet, raw	2.10

NDB_No	Description	Fiber, total dietary(g) Value Per
09218	Tangerines, (mandarin oranges), raw	1.80
09226	Papayas, raw	1.70
09277	Plantains, yellow, raw	1.70
09112	Grapefruit, raw, pink and red, all areas	1.60
09176	Mangos, raw	1.60
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	1.60
09068	Cherries, sour, red, frozen, unsweetened (Includes foods for USDA's Food Distribution Program)	1.60
09193	Olives, ripe, canned (small-extra large)	1.60
09256	Pears, canned, light syrup pack, solids and liquids	1.60
09071	Cherries, sweet, canned, water pack, solids and liquids	1.50
09228	Papaya, canned, heavy syrup, drained	1.50
09237	Peaches, canned, water pack, solids and liquids	1.30
09004	Apples, raw, without skin	1.30
09164	Litchis, raw	1.30
09240	Peaches, canned, light syrup pack, solids and liquids	1.30
09014	Apples, frozen, unsweetened, unheated (Includes foods for USDA's Food Distribution Program)	1.30
09020	Applesauce, canned, sweetened, without salt	1.20
09081	Cranberry sauce, canned, sweetened	1.10
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	1.10
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	1.00
09214	Orange juice, frozen concentrate, unsweetened, undiluted	1.00
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	1.00
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	1.00
09131	Grapes, american type (slip skin), raw	0.90
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	0.80
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	0.60
09437	Tamarind nectar, canned	0.50
09160	Lime juice, raw	0.40
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	0.40
09119	Grapefruit, sections, canned, water pack, solids and liquids	0.40
09120	Grapefruit, sections, canned, juice pack, solids and liquids	0.40
09152	Lemon juice, raw	0.30
09211	Orange juice, chilled, includes from concentrate, with added calcium	0.30
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	0.30
09124	Grapefruit juice, white, canned, sweetened	0.10
09442	Pomegranate juice, bottled	0.10

NDB_No	Description	Fiber, total dietary(g) Value Per
09043	Blackberry juice, canned	0.10