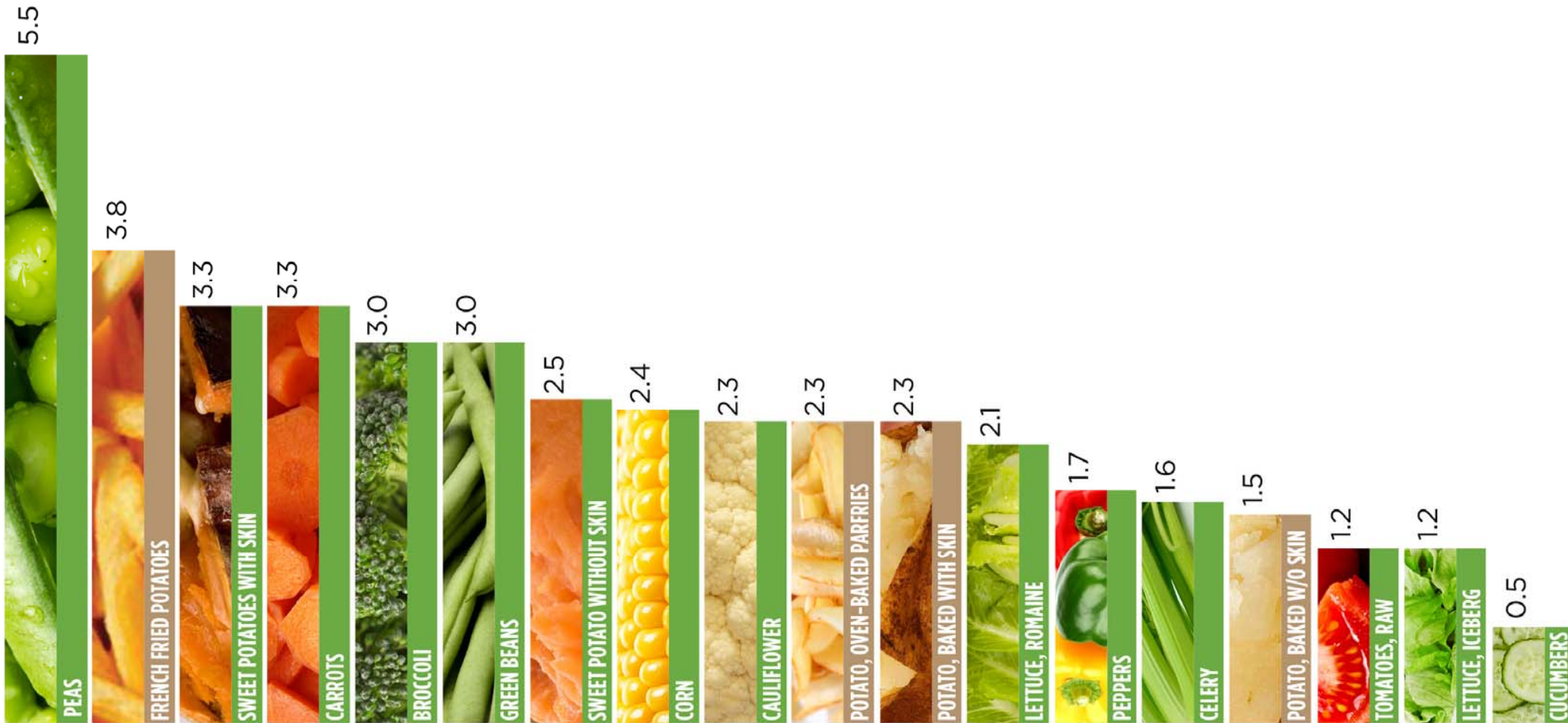


# Dietary Fiber of Commonly Consumed Vegetables

Dietary fiber (g/100g)



Data are from USDA Agricultural Research Service, National Nutrient Database for Standard Reference, Release 26. Values are for frozen vegetables — peas, carrots, broccoli, green beans, corn, and cauliflower — that have been boiled; raw vegetables are Romaine and iceberg lettuce, peppers, celery, tomatoes and cucumber with peel.