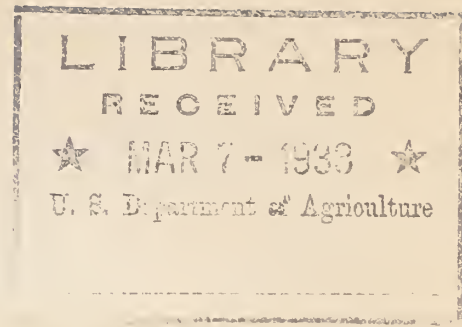


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UNITED STATES DEPARTMENT OF AGRICULTURE
BUREAU OF HOME ECONOMICS
WASHINGTON, D. C.



FRESH FRUITS AND VEGETABLES

Classified according to fiber content

Foodstuffs are sometimes chosen with regard to the amount of indigestible residue which they yield. This residue consists largely of the portion determined chemically as crude fiber. In choosing a diet on this basis fruits and vegetables receive attention because they contain appreciable amounts of this component.

Fruits and vegetables considered to be particularly low or especially high in fiber are enumerated in the attached lists. The ones in the group low in fiber contain on an average less than one per cent of that constituent, whereas the ones listed in the high fiber group have for the most part an average fiber content of two per cent or more. The data for this classification are taken from United States Department of Agriculture Circular 50, "Proximate Composition of Fresh Fruits", and United States Department of Agriculture Circular 146, "Proximate Composition of Fresh Vegetables."

Many common fruits and vegetables of intermediate fiber content are not listed. Others that vary widely in the amount of fiber they contain, reflecting variations due to maturity or variety differences, for example, are not included in the attached lists.

All fruit juices including tomato juice are low in fiber content. In general the skins and seeds of fruits and vegetables are the most fibrous parts. The pulp of most fruits is comparatively low in fiber and many fruits such as apples and pears may be used in low-fiber diets, if they are peeled and the core removed. Even for the high-fiber diets, fruit and vegetable pulp and edible skins are generally preferable to the harsher materials such as seeds of apples and grapes.

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Fresh Fruits and Vegetables

High in Fiber Content

Artichokes, Globe or French	Grapes, American or European types, with skins and seeds
Asparagus-beans	Lima beans
Blackberries	Mulberries
Black-salsify	Parsnips
Broadbeans	Peas
Burdock, roots	Raspberries, black
Currants	Raspberries, red
Dandelion greens	Soybeans
Figs	Vegetable oyster
Gooseberries	

Fresh Fruits and Vegetables

Low in Fiber Content

Apricots, without skins	Lettuce
Asparagus tips	Muskmelons
Bananas	Mustard greens
Bean sprouts, from mung or soybeans	Nectarines, without skins
Cabbage, Chinese	Oranges, membrane removed
Celery, strings removed	Peaches, without skins
Chard	Plantains, or Baking Bananas
Chayote, fruit, without seeds and skins	Plums, without skins
Cherries	Potatoes, without skins
Chicory, leaves	Prunes, fresh, without skins
Cornsalad	Purslane
Cucumbers, young	Radishes
Dasheen, without skins	Spinach
Dock	Spinach, New Zealand
Endive	Squash, summer, skins and seeds removed
Grapefruit, membrane removed	Sweetpotatoes, without skins
Grapes, American type, without seeds and skins	Tomatoes
Grapes, European type, without seeds	Watercress
Jerusalem-artichokes, without skins	Watermelons