
Fat-Fiber Counter

Baked Goods/Desserts

Food Item	Serving Size	Fat (grams)	Dietary Fiber (grams)
Cake:			
angel food	1 piece, 2-5/8" x 2-3/4" x 1-1/4"	+	0.1
chocolate, yellow, white	1 piece, 1/12 of cake	10	0.1
pound	1 piece, 1/12 of cake	10	0.1
sponge	1 piece, 1/12 of cake	4	0.1
Coffee Cake		7	0.1
Cookies:			
chocolate, sugar, sandwich	2 cookies	2	0
oatmeal, whole grain	2 cookies	4	0.6
vanilla wafers	2 wafers	1	0
Danish	1	9	0.2
Donuts	1	8	0.1
Pie: cream or custard	1 piece, 1/8 of pie	12	0.5
fruit (apple, cherry, etc.)	1 piece, 1/8 of pie	16	0.1
Pizza, plain	1/8 of 12" pie	5	0.1
Pudding made with whole milk (chocolate, vanilla, etc.)	1/2 cup	4	0
Pudding, rice or bread and baked custard	1/2 cup	7	0.1

Breads

Bagel	1	2	0.6
Biscuit	2-1/2" diam.	5	0.4
Bran muffin	1	2	2.5

+ Between 0 and 1 gram fat per serving

* Rich source of fiber

Breads

Food Item	Serving Size	Fat (grams)	Dietary Fiber (grams)
Bread:			
cracked wheat	1 slice	1	1.0
pumpemickel	1 slice	+	1.0
raisin	1 slice	1	0.6
rye	1 slice	+	1.2
white	1 slice	1	0.4
whole wheat	1 slice	1	1.4
Crackers:			
graham cracker	2 squares	1	0.1
Ritz cracker	3 crackers	3	0.1
rye wafers	3 - 3-1/2" long	+	0.1
saltines	4 squares	2	0
wheat	3-3-1/2" long	+	0.9
Frankfurter/Hamburger bun	1	2	0.8
Pancake, plain or buttermilk	1 - 4" diam., 3/8" thick	2	0.5
Roll:			
dinner	} 1 - 3-3/4" x 2-1/2" x 1-3/4"	2	0.8
hard, brown		1	1.5
hard, white		1	0.8
Taco shell (tortilla)	1	+	0.1
Waffle, frozen, round	1	1	0.7

Cereals and Pasta

Bran:			
*extra Hi-Fiber	1/2 cup or 1 oz.	1	13
*hi-Fiber	1/3 cup or 1 oz.	1	9
*others	1/2 cup or 1 oz.	1	4
Cheerio type	1-1/4 cup or 1 oz.	1	1.1
Corn flake type	1-1/4 cup or 1 oz.	1	0.3
Egg noodles, boiled	1/2 cup	1	0
Granola type	1/4 cup or 1 oz.	2	1.3

+ Between 0 and 1 gram fat per serving

* Rich source of fiber