

List Compiled by WWW.DISCOUNTJUICERS.COM

Item	Portion	Total Fiber	Insoluble Fiber (g)	Soluble Fiber (g)	Percentage Soluble
Kohlrabi, raw	1 cup	4.9	1.5	3.4	69.39%
Lemon	1 med	1.6	0.6	1	62.50%
Onions, raw	1 cup	2.9	1.1	1.8	62.07%
Collards, raw	1 cup	1.3	0.5	0.8	61.54%
Orange	1 med	3.1	1.3	1.8	58.06%
Pear	1 me	4	1.8	2.2	55.00%
Kale	1 cup	2.6	1.2	1.4	53.85%
Prune	1 cup	12.1	5.6	6.5	53.72%
Jicama or yambean, raw	1 cup	6.4	3.1	3.3	51.56%
Carrots, raw	1 cup	3.3	1.7	1.6	48.48%
Papaya	1 cup	2.5	1.3	1.2	48.00%
Oatmeal, regular	1 cup	4	2.1	1.9	47.50%
Cabbage, red, raw	1 cup	1.8	1	0.8	44.44%
Squash, zucchini, raw	1 cup	1.4	0.8	0.6	42.86%
Watermelon	1 cup	1.4	0.8	0.6	42.86%
Mango	1 med	3.7	2.2	1.5	40.54%
Peppers, yellow – sweet, raw	1 cup	1.3	0.8	0.5	38.46%
Grapes	1 cup	1.6	1	0.6	37.50%
Fennel bulb, raw	1 cup	2.7	1.7	1	37.04%
Peppers, red – sweet, raw	1 cup	3	1.9	1.1	36.67%
Cauliflower, raw	1 cup	2.5	1.6	0.9	36.00%
Celery, raw	1 cup	2	1.3	0.7	35.00%
Broccoli, raw	1 cup	2.6	1.7	0.9	34.62%
Lettuce, romaine or cos	1 cup	0.9	0.6	0.3	33.33%
Strawberries	1 cup	3.3	2.4	0.9	27.27%
Apple, with skin	1 med	3.7	2.7	1	27.03%
Radish, raw	1 cup	1.9	1.4	0.5	26.32%
Cucumber, raw, with or without peel	1 cup	0.8	0.6	0.2	25.00%
Spinach, raw	1 cup	0.8	0.6	0.2	25.00%
Pomegranate	1 med	1	0.8	0.2	20.00%
Pineapple	1 cup	1.9	1.7	0.2	10.53%
Tomato, raw	1 cup	2	1.8	0.2	10.00%

Yes! Even Juice Contains Some Fiber. Drink UnStrained