

FIBER RICH FOODS LIST

BEANS

Food	Portion	Amount of Fiber
Lima beans, cooked	1 cup	14 g
Black beans, cooked	1 cup	15 g
Garbanzo beans, cooked	1 cup	12 g
Lentils, cooked	1 cup	16 g
Kidney beans, cooked	1 cup	16 g
Navy beans, cooked	1 cup	19 g
White beans, small, cooked	1 cup	19 g
Green beans, cooked	1 cup	17 g
Pinto beans, cooked	1 cup	15 g

BERRIES

Food	Portion	Amount of Fiber
Raspberries, raw	1 cup	8 g
Blueberries, raw	1 cup	4 g
Currants (red and white), raw	1 cup	5 g
Strawberries, raw	1 cup	3 g
Boysenberries, frozen	1 cup	7 g
Blackberries, raw	1 cup	8 g

VEGETABLES

Food	Portion	Amount of Fiber
Asparagus, cooked	1/2 cup	2 g
Beets	3 small	4 g
Carrots, raw	1/4 cup	2 g
Celery, raw	1/4 cup	2 g
Mushrooms, raw	6 small	2 g

SWEET PEAS

Food	Portion	Amount of Fiber
Cow peas (Black-eyed), cooked	1 cup	11 g
Peas, split, cooked	1 cup	16 g
Peas, green, frozen	1 cup	14 g
Peas (edible podded), cooked	1 cup	5 g

GREENS

Food	Portion	Amount of Fiber
Turnip greens, cooked	1 cup	5 g
Mustard greens, cooked	1 cup	5 g
Collard greens, cooked	1 cup	5 g
Spinach, cooked	1 cup	4 g
Spinach, raw	1 cup	4 g
Lettuce, shredded	1 cup	1 g
Swiss chard, cooked	1 cup	4 g
Spring salad mix	1 cup	1 g

NUTS & SEEDS

Food	Portion	Amount of Fiber
Almonds	1 ounce	4 g
Pistachio nuts	1 ounce	3 g
Cashews	1 ounce	1 g
Chia	1 ounce	10 g
Walnuts	1 ounce	2 g
Brazil nuts	1 ounce	2 g
Pinon nuts (Pine nuts)	1 ounce	12 g
Sunflower seeds	1/4 cup	3 g
Pumpkin seeds	1/2 cup	3 g
Sesame seeds	1/4 cup	4 g
Flaxseed	1 ounce	8 g

SQUASH

Food	Portion	Amount of Fiber
Crookneck squash, cooked	1 cup	3 g
Summer squash, cooked	1 cup	5 g
Zucchini squash, cooked	1 cup	6 g
Acorn squash, cooked	1 cup	9 g
Spaghetti squash, cooked	1 cup	2 g

CRUCIFEROUS

Food	Portion	Amount of Fiber
Kale, cooked	1 cup	3 g
Cauliflower, cooked	1 cup	5 g
Cabbage, raw	1 cup	3 g
Savoy cabbage, cooked	1 cup	4 g
Broccoli, cooked	1 cup	5 g
Brussels sprouts, cooked	1 cup	6 g
Red cabbage, cooked	1 cup	4 g

POTATOES

Food	Portion	Amount of Fiber
Red potato, flesh and skin	1 medium	3 g
Sweet potato, flesh and skin	1 medium	5 g
Yam, flesh and skin	1 medium	5 g



FRUITS

Food	Portion	Amount of Fiber
Banana	1 medium	3 g
Pear	1 medium	6 g
Orange	1 medium	4 g
Apple	1 medium	4 g
Prunes, dried	1/2 cup	6 g
Raisins	2 ounces	2 g
Grapes	20 grapes	1 g
Peach	1 medium	3 g
Figs, dried	1/2 cup	8 g
Mango	1 medium	5 g
Kiwi	1 medium	2 g
Papaya	1 medium	3 g
Pineapple	1/2 cup	1 g
Guava	1 medium	3 g
Blueberries	1/2 cup	2 g
Watermelon	1 thick slice	3 g
Avocado	1 medium	3 g
Coconut, unsweetened	1 tablespoon	4 g

