

# List of High Fiber Foods



VEGETABLES	AMOUNT	FIBER (grams)
Avocado (fruit)	1 medium	11.84
Beets, cooked	1 cup	2.85
Beet greens	1 cup	4.2
Bok choy, cooked	1 cup	2.76
Broccoli, cooked	1 cup	4.5
Brussels sprouts	1 cup	2.84
Cabbage, cooked	1 cup	4.2
Carrot	1 medium	2
Carrot, cooked	1 cup	5.22
Cauliflower, cooked	1 cup	3.43
Cole slaw	1 cup	4
Collard greens, cooked	1 cup	2.58
Corn, sweet	1 cup	4.66
Green beans	1 cup	3.95
Celery	1 stalk	1.02
Kale, cooked	1 cup	7.2
Onions, raw	1 cup	2.88
Peas, cooked	1 cup	8.84
Peppers, sweet	1 cup	2.62
Pop corn, air-popped	1 cup	3.6
Potato, baked w/skin	1 medium	4.8
Spinach, cooked	1 cup	4.32
Summer squash, cooked	1 cup	2.52
Sweet potato, cooked	1 cup	5.94
Swiss chard, cooked	1 cup	3.68
Tomato	1 medium	1
Winter squash, cooked	1 cup	5.74
Zucchini, cooked	1 cup	2.63

CEREAL, GRAINS, PASTA	AMOUNT	FIBER (grams)
Bran cereal	1 cup	19.94
Bread, whole wheat	1 slice	2
Oats, rolled dry	1 cup	12
Pasta, whole wheat	1 cup	6.34
Rice, dry brown	1 cup	7.98

BEANS, NUTS, SEEDS	AMOUNT	FIBER (grams)
Almonds	1 oz	4.22
Black beans, cooked	1 cup	14.92
Cashews	1 oz	1
Flax seeds	3 tbs	6.97
Garbanzo beans, cooked	1 cup	5.8
Kidney beans, cooked	1 cup	13.33
Lentils, red cooked	1 cup	15.64
Lima beans, cooked	1 cup	13.16
Peanuts	1 oz	2.3
Pistachio nuts	1 oz	3.1
Pumpkin seeds	1/4 cup	4.12
Soybeans, cooked	1 cup	7.62
Sunflower seeds	1/4 cup	3
Walnuts	1 oz	3.08

FRUIT	AMOUNT	FIBER (grams)
Apples with skin	1 medium	5
Apricot	3 medium	0.98
Apricots, dried	5 pieces	2.89
Banana	1 medium	3.92
Blueberries	1 cup	4.18
Cantaloupe, cubes	1 cup	1.28
Figs, dried	2 medium	3.74
Grapefruit	1/2 medium	6.12
Orange, navel	1 medium	3.4
Peach	1 medium	2
Peaches, dried	3 pieces	3.18
Pear	1 medium	5.08
Plum	1 medium	1
Raisins	1.5 oz box	1.6
Raspberries	1 cup	8.34
Strawberries	1 cup	3.98



This list of high fiber foods is vitally important to your health and makes it easy to increase the fiber in your diet. Remember, you're aiming for 30 to 40 grams a day for optimum health.

High fiber foods can help you reduce your risk of constipation, hemorrhoids, high cholesterol, high blood sugar, obesity, colon cancer, diabetes and heart disease. Wow! Choose wisely so you can look and feel your very best.