

HIGH FIBER FOODS	SERVING SIZE	TOTAL FIBER (grams)
Avocado	1 medium	11.8
Black beans, cooked	1 cup	14.9
Bran cereal	1/2 cup	10.0
Cereal, 100% whole grain	1 cup	10.0
Flaxseed raw, ground	1 TBS	3.0
Green peas, cooked	1 cup	8.8
Kale, cooked	1 cup	7.2
Kidney beans, cooked	1 cup	13.3
Lentils, cooked	1 cup	15.6
Lima beans, cooked	1 cup	13.1
Navy beans, cooked	1 cup	11.6
Oats, dry	1 cup	12.0
Oat bran, raw	1 cup	14.0
Oat bran, raw	1 TBS	0.9
Pinto beans, cooked	1 cup	14.7
Split peas, cooked	1 cup	16.2
Raspberries	1 cup	8.3
Rice, brown, uncooked	1 cup	7.9
Soybeans, cooked	1 cup	7.6

Wheat bran, raw	1 TBS	1.6
Wheat germ, raw	1 cup	15.6
Wheat germ, raw	1 TBS	1.0

List of High Fiber Foods - 3 to 7 grams of fiber per serving

HIGH FIBER FOODS	SERVING SIZE	TOTAL FIBER (grams)
Almonds	1 oz.	4.2
Apples, w/skin	1 medium	5.0
Banana	1 medium	3.9
Blueberries	1 cup	4.1
Bread, 100% whole grain	1 slice	3.0
Broccoli, cooked	1 cup	5.5
Cabbage, cooked	1 cup	4.2
Cauliflower, cooked	1 cup	3.4
Corn, sweet	1 cup	4.6
Fiber Snack Bar (Kashi)	35g	4.0
Figs, dried	2 medium	3.7
Flax seeds	3 tsp	6.9
Garbanzo beans, cooked	1 cup	5.8
Grapefruit	1/2 medium	6.1
Green beans, cooked	1 cup	3.9
Olives	1 cup	4.3

Oranges, navel	1 medium	3.4
Papaya	1 each	5.4
Pasta, whole wheat	1 cup	6.3
Peach, dried	3 pcs.	3.1
Pear	1 medium	5.0
Pistachio nuts	1 oz	3.1
Potato, baked w/ skin	1 medium	4.8
Prunes	1/4 cup	3.0
Pumpkin seeds	1/4 cup	4.1
Sesame seeds	1/4 cup	4.2
Spinach, cooked	1 cup	4.3
Strawberries	1 cup	3.9
Sweet Potato, cooked	1 cup	5.9
Swiss chard, cooked	1 cup	3.6
Turnip greens, cooked	1 cup	5.0
Winter squash	1 cup	5.7
Yam, cooked cubes	1 cup	5.3

List of High Fiber Foods with < 3 grams of fiber per serving

HIGH FIBER FOODS	SERVING SIZE	TOTAL FIBER (grams)
Apricot	3 medium	0.9
Apricots, dried	5 pieces	2.8
Asparagus,	1 cup	2.8

cooked

Beets, cooked	1 cup	2.8
Bread, whole wheat	1 slice	2.0
Brussels sprouts, cooked	1 cup	2.8
Cantaloupe, cubes	1 cup	1.2
Carrots, raw	1 medium	2.0
Cashews	1 oz.	1.0
Celery	1 stalk	1.0
Collard greens, cooked	1 cup	2.5
Cranberries	1/2 cup	1.9
Cucumber, sliced w/ peel	1 cup	0.8
Eggplant, cooked cubes	1 cup	2.4
Kiwifruit	1 each	2.5
Mushrooms, raw	1 cup	1.3
Mustard greens, cooked	1 cup	2.8
Onions, raw	1 cup	2.8
Peanuts	1 oz	2.3
Peach	1 medium	2.0
Peppers, sweet	1 cup	2.6
Pineapple	1 cup	1.8
Plum	1 medium	1.0
Raisins	1.5 oz box	1.6
Romaine lettuce	1 cup	0.9
Summer squash,	1 cup	2.5

cooked

Sunflower seeds 1/4 cup 3.0

Tomato 1 medium 1.0

Walnuts 1 oz. 2.9

Zucchini, cooked 1 cup 2.6