

Different whole grains vary widely in their fiber content. A full serving of whole grains — 16 grams of whole grains — will contain from just over a half gram of fiber to around 3 grams of fiber.

<b>Grain</b>	<b>% of grain that is fiber</b>	<b>Fiber in 16g of this Grain</b>
amaranth	6.7%	1.1 grams
barley	17.3%	2.8 grams
brown rice	3.5%	0.6 grams
buckwheat	10.0%	1.6 grams
bulgur wheat	18.3%	2.9 grams
corn	7.3%	1.2 grams
Kamut® khorasan wheat	11.1%	1.8 grams
millet	8.5%	1.4 grams
oats	10.6%	1.7 grams
quinoa	7.0%	1.1 grams
rye	15.1%	2.4 grams
sorghum	6.3%	1.0 grams
spelt wheat	10.7%	1.7 grams

teff	8.0%	1.3 grams
triticale	14.6%	2.3 grams
wheat	12.2%	2.0 grams
wild rice	6.2%	1.0 grams

*All values from USDA National Nutrient Database SR 26, updated September 2013.*

In the U.S., foods labeled “High in Fiber” must contain at least 5 grams of fiber per serving. Most foods must have added fiber (extra bran, resistant starch or other fibers) in addition to whole grains, to be considered high fiber foods.