

## High Fiber Foods

From: <https://www.health.harvard.edu/nutrition/foods-high-in-fiber-boost-your-health-with-fiber-rich-foods>

Legumes	Grams of fiber
Lima beans, cooked, 1 cup	9.2
Green peas, cooked, 1 cup	8.8
French green beans, cooked, 1/2 cup	8.3
Split peas, cooked, 1/2 cup	8.2
Lentils, cooked, 1/2 cup	7.8
Pinto beans, cooked, 1/2 cup	7.7
Black beans, cooked, 1/2 cup	7.5
Chickpeas/garbanzo beans, cooked, 1/2 cup	6.3
Great northern beans, cooked, 1/2 cup	6.2
Kidney beans, cooked, 1/2 cup	5.7
White beans, cooked, 1/2 cup	5.7
Soybeans, cooked, 1/2 cup	5.2
Snow peas, cooked, 1 cup	4.5
Edamame, cooked, 1/2 cup	4.1

Snap green beans, cooked, 1 cup	4.0
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## Fruits

Fruits are an excellent source of fiber as well as vitamins and other nutrients.

<b>Fruit</b>	<b>Grams of fiber</b>
Guava, 1 cup	8.9
Raspberries, 1 cup	8.0
Blackberries, 1 cup	7.6
Boysenberries, 1 cup	7.0
Passion fruit, 1/4 cup	6.1
Pear, 1 medium (Bartlett, Bosc, Anjou)	5.5
Kiwi, 1 cup	5.4
Grapefruit, 1 fruit	5.0
Apple, medium size, with skin	4.8
Orange, 1 medium	3.7
Figs, dried, 1/4 cup	3.7
Blueberries, 1 cup	3.6
Mandarin orange or tangerine, 1 cup	3.5

Pomegranate seeds, 1 cup	3.5
Pears, dried, 1/4 cup	3.4
Peaches, dried, 1/4 cup	3.3
Banana, medium size	3.2
Apricots, 1 cup	3.1
Prunes, 1 cup	3.1
Strawberries, 1 cup	3.0
Dates, 1/4 cup	3.0
Cherries, 1 cup	2.9

## Vegetables

Vegetables provide vitamins and minerals your body needs and are high in fiber, too.

<b>Vegetables</b>	<b>Grams of fiber</b>
Artichoke, cooked, 1 cup	9.6
Pumpkin, canned, 1 cup	7.1
Brussels sprouts, cooked, 1 cup	6.4
Sweet potato, cooked, 1 cup	6.3
Broccoli, cooked, 1 cup	5.2

Avocado, 1/2 cup	5.0
Cauliflower, cooked, 1 cup	4.9
Carrots, cooked, 1 cup	4.8
Kale, cooked, 1 cup	4.7
Spinach, cooked, 1 cup	4.3
Escarole, cooked, 1 cup	4.2
Cabbage, red, cooked, 1 cup	4.1
Okra, cooked, 1 cup	4.0
Corn, cooked, 1 cup	4.0
Potato, baked, with skin, 1 medium	3.9
Carrots, raw, 1 cup	3.6
Mushrooms, cooked, 1 cup	3.4
Red bell pepper, raw, 1 cup	3.1
Plantains, cooked, 1 cup	3.1
Asparagus, cooked, 1 cup	2.9
Onions, cooked, 1 cup	2.9
Beets, cooked, 1 cup	2.8

## **Whole grains**

There's a difference between whole grains and refined grains. Whole grains contain the entire grain, which includes bran and germ, while refined grains have been processed in a way that removes the bran and germ. Whole grains are an excellent source of fiber.

You can't tell which foods are whole grain just by color. Check to see if "whole" or "whole grain" appears as one of the first three ingredients on the ingredient list.

<b>Whole grains</b>	<b>Grams of fiber</b>
Cereal, high fiber, unsweetened, 1/2 cup	14.0
Cereal, whole grain kernels, 1/2 cup	7.5
Cereal, shredded wheat, 1 cup	6.2
Popcorn, 3 cups	5.8
Cereal, bran flakes, 3/4 cup	5.5
Bulgur, cooked, 1/2 cup	4.1
Spelt, cooked, 1/2 cup	3.8
Barley, pearled, cooked, 1/2 cup	3.8
Brown rice, cooked, long grain	3.5
Cereal, toasted oat	3.0
Multigrain bread, 1 large slice	3.0
Oat bran, 1/2 cup	2.9
Whole wheat crackers, 1 oz.	2.9

Whole wheat tortillas, 1 oz.	2.8
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## Nuts and seeds

Nuts and seeds are a great source of fiber and healthy fats. But they can be higher in calories, so watch your portion sizes. A handful as a snack or sprinkled on salads or vegetables is best.

<b>Nuts and seeds</b>	<b>Grams of fiber</b>
Pumpkin seeds, 1 ounce	5.2
Coconut, 1 ounce	4.6
Chia seeds, 1 tablespoon	4.1
Almonds, 1 ounce	3.5
Chestnut, 1 ounce	3.3
Sunflower seeds, 1 ounce	3.1
Pine nuts, 1 ounce	3.0
Pistachio nuts, 1 ounce	2.9
Flax seeds, 1 tablespoon	2.8
Hazelnuts, 1 ounce	2.8