

HIGH FIBER DIET FOODS
(TOTAL FIBER IN GRAMS)

Recommended Daily Fiber Intake: 25-35 grams

FRUIT	AMOUNT	TOTAL FIBER	VEGETABLES	AMOUNT	TOTAL FIBER	CEREAL, GRAINS, PASTA	AMOUNT	TOTAL FIBER
Apples with skin	1 medium	5	Brussels sprouts	1 cup	2.84	Bran cereal	1 cup	19.94
Apricot	3 medium	0.98	Cabbage, cooked	1 cup	4.2	Bread, whole wheat	1 slice	2
Apricots, dried	5 pieces	2.89	Carrot	1 medium	2	Bran cereal	1 cup	19.94
Banana	1 medium	3.92	Carrot, cooked	1 cup	5.22	Bread, whole wheat	1 slice	2
Blueberries	1 cup	4.18	Cauliflower, cooked	1 cup	3.43	Oats, rolled dry	1 cup	12
Cantaloupe, cubes	1 cup	1.28	Cole slaw	1 cup	4	Pasta, whole wheat	1 cup	6.34
Figs, dried	2 medium	3.74	Collard greens, cooked	1 cup	2.58	Rice, dry brown	1 cup	7.98
Grapefruit	1/2 medium	6.12	Corn, sweet	1 cup	4.66	BEANS, NUTS, SEEDS	AMOUNT	TOTAL FIBER
Orange, navel	1 medium	3.4	Green beans	1 cup	3.95	Almonds	1 oz	4.22
Peach	1 medium	2	Celery	1 stalk	1.02	Black beans, cooked	1 cup	14.92
Peaches, dried	3 pieces	3.18	Kale, cooked	1 cup	7.2	Cashews	1 oz	1
Pear	1 medium	5.08	Onions, raw	1 cup	2.88	Flax seeds	3 tbs	6.97
Plum	1 medium	1	Peas, cooked	1 cup	8.84	Garbanzo beans, cooked	1 cup	5.8
Raisins	1.5 oz box	1.6	Peppers, sweet	1 cup	2.62	Kidney beans, cooked	1 cup	13.33
Raspberries	1 cup	8.34	Pop corn, air-popped	3 cups	3.6	Lentils, red cooked	1 cup	15.64
Strawberries	1 cup	3.98	Potato, baked w/skin	1 medium	4.8	Lima beans, cooked	1 cup	13.16
VEGETABLES	AMOUNT	TOTAL FIBER	Spinach, cooked	1 cup	4.32	Peanuts	1 oz	2.3
Avocado (fruit)	1 medium	11.84	Summer squash, cooked	1 cup	2.52	Pistachio nuts	1 oz	3.1
Beets, cooked	1 cup	2.85	Sweet potato, cooked	1 cup	5.94	Pumpkin seeds	1/4 cup	4.12
Beet greens	1 cup	4.2	Swiss chard, cooked	1 cup	3.68	Soybeans, cooked	1 cup	7.62
Bok choy, cooked	1 cup	2.76	Tomato	1 medium	1	Sunflower seeds	1/4 cup	3
Broccoli, cooked	1 cup	4.5	Winter squash, cooked	1 cup	5.74	Walnuts	1 oz	3.08
			Zucchini, cooked	1 cup	2.63			