

Food Source Fiber Comparison Chart

Food Source	Serving Size	Fiber (g)
Lentils, Cooked	½ Cup	7.8
Pinto Beans, Cooked	½ Cup	7.7
Garbanzo Beans, Canned	½ Cup	6.3
Soup, Lentil (Canned)	1 Cup	5.6
Blackeyed Peas, Cooked	½ Cup	5.5
Baked Beans, Canned	½ Cup	5.2
Pear, Fresh	1 Medium	5.1
Baked Potato w/Skin	1 Medium	4.4
Green Peas, Cooked	½ Cup	4.4
Raspberries, Fresh	½ Cup	4
Stewed Prunes	½ Cup	3.9
Blackberries, Fresh	½ Cup	3.8
Raisin Bran Cereal	½ Cup	3.7
Spinach, Cooked	½ Cup	3.5
Apple, Fresh	1 Medium	3.3
Strawberries, Fresh	1 Cup	3.3
Brussel Sprouts, Cooked	½ Cup	3.2
Navel Orange, Fresh	1 Medium	3.1
Barley, Cooked	½ Cup	3
Winter Squash, Cooked	½ Cup	2.9
Soup, Split Pea (Canned)	1 Cup	2.8
Raisins, Seedless	½ Cup	2.7
Sweet Potatoes, Canned	½ Cup	2.3
Grapefruit, Fresh	Half	2
Oatmeal, Cooked	½ Cup	2
Bread, Whole Wheat	1 Slice	1.9
Blueberries, Fresh	½ Cup	1.8
Long Grain Brown Rice	½ Cup	1.8
Bread, Mixed Grains	1 Slice	1.7
Dates	3 Dates	1.7
Carrots, Raw	½ Cup	1.6
Cauliflower, Raw	½ Cup	1.3
Mixed Nuts, Dry Roasted	0.5 oz	1.3
Prune Juice	½ Cup	1.3
Broccoli, Raw	½ Cup	1.2
Popcorn	1 Cup	1.2
Cabbage, Raw	½ Cup	0.8
Grapes, Red or Green, Fresh	½ Cup	0.7
Lettuce, Crisp Iceberg	1 Cup	0.7

Source: *USDA National Nutrient Database for Standard Reference, Release 17*

Fresh & Dried Fruit	Serving Size	Fiber (g)
Apples with skin	1 medium	5.0
Apricot	3 medium	1.0
Apricots, dried	4 pieces	2.9
Banana	1 medium	3.9
Blueberries	1 cup	4.2
Cantaloupe, cubes	1 cup	1.3
Figs, dried	2 medium	3.7
Grapefruit	1/2 medium	3.1
Orange, navel	1 medium	3.4
Peach	1 medium	2.0
Peaches, dried	3 pieces	3.2
Pear	1 medium	5.1
Plum	1 medium	1.1
Raisins	1.5 oz box	1.6
Raspberries	1 cup	6.4
Strawberries	1 cup	4.4

Grains, Beans, Nuts & Seeds	Serving Size	Fiber (g)
Almonds	1 oz	4.2
Black beans, cooked	1 cup	13.9
Bran cereal	1 cup	19.9
Bread, whole wheat	1 slice	2.0
Brown rice, dry	1 cup	7.9
Cashews	1 oz	1.0
Flax seeds	3 Tbsp.	6.9
Garbanzo beans, cooked	1 cup	5.8
Kidney beans, cooked	1 cup	11.6
Lentils, red cooked	1 cup	13.6
Lima beans, cooked	1 cup	8.6
Oats, rolled dry	1 cup	12.0
Quinoa (seeds) dry	1/4 cup	6.2
Quinoa, cooked	1 cup	8.4
Pasta, whole wheat	1 cup	6.3
Peanuts	1 oz	2.3
Pistachio nuts	1 oz	3.1
Pumpkin seeds	1/4 cup	4.1
Soybeans, cooked	1 cup	8.6
Sunflower seeds	1/4 cup	3.0
Walnuts	1 oz	3.1

Vegetables	Serving Size	Fiber (g)
Avocado (fruit)	1 medium	11.8
Beets, cooked	1 cup	2.8
Beet greens	1 cup	4.2
Bok choy, cooked	1 cup	2.8

Broccoli, cooked	1 cup	4.5
Brussels sprouts, cooked	1 cup	3.6
Cabbage, cooked	1 cup	4.2
Carrot	1 medium	2.6
Carrot, cooked	1 cup	5.2
Cauliflower, cooked	1 cup	3.4
Cole slaw	1 cup	4.0
Collard greens, cooked	1 cup	2.6
Corn, sweet	1 cup	4.6
Green beans	1 cup	4.0
Celery	1 stalk	1.1
Kale, cooked	1 cup	7.2
Onions, raw	1 cup	2.9
Peas, cooked	1 cup	8.8
Peppers, sweet	1 cup	2.6
Pop corn, air-popped	3 cups	3.6
Potato, baked w/ skin	1 medium	4.8
Spinach, cooked	1 cup	4.3
Summer squash, cooked	1 cup	2.5
Sweet potato, cooked	1 medium	4.9
Swiss chard, cooked	1 cup	3.7
Tomato	1 medium	1.0
Winter squash, cooked	1 cup	6.2
Zucchini, cooked	1 cup	2.6

High Fiber Food Chart

Category A (more than 7 grams per serving)

FOOD	AMOUNT	TOTAL FIBER (grams)
Avocado	1 medium	11.84
Black beans, cooked	1 cup	14.92
Bran cereal	1 cup	19.94
Broccoli, cooked	1 cup	4.50
Green peas, cooked	1 cup	8.84
Kale, cooked	1 cup	7.20
Kidney beans, cooked	1 cup	13.33
Lentils, cooked	1 cup	15.64
Lima beans, cooked	1 cup	13.16
Navy beans, cooked	1 cup	11.65
Oats, dry	1 cup	12.00
Pinto beans, cooked	1 cup	14.71
Split peas, cooked	1 cup	16.27
Raspberries	1 cup	8.34
Rice, brown, uncooked	1 cup	7.98

Soybeans, cooked	1 cup	7.62
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Category B (more than 3 grams per serving)

FOOD	AMOUNT	TOTAL FIBER (grams)
Almonds	1 oz.	4.22
Apple, w/ skin	1 medium	5.00
Banana	1 medium	3.92
Blueberries	1 cup	4.18
Cabbage, cooked	1 cup	4.20
Cauliflower, cooked	1 cup	3.43
Corn, sweet	1 cup	4.66
Figs, dried	2 medium	3.74
Flax seeds	3 tsp.	6.97
Garbanzo beans, cooked	1 cup	5.80
Grapefruit	1/2 medium	6.12
Green beans, cooked	1 cup	3.95
Olives	1 cup	4.30
Oranges, navel	1 medium	3.40
Papaya	1 each	5.47
Pasta, whole wheat	1 cup	6.34
Peach, dried	3 pcs.	3.18
Pear	1 medium	5.08
Pistachio nuts	1 oz.	3.10
Potato, baked w/ skin	1 medium	4.80
Prunes	1/4 cup	3.02
Pumpkin seeds	1/4 cup	4.12
Sesame seeds	1/4 cup	4.32
Spinach, cooked	1 cup	3.98
Strawberries	1 cup	5.94
Sweet potato, cooked	1 cup	3.68
Swiss chard, cooked	1 cup	5.04
Winter squash	1 cup	5.74
Yam, cooked cubes	1 cup	5.30

Category C (less than 3 grams per serving)

FOOD	AMOUNT	TOTAL FIBER (grams)
Apricots	3 medium	0.98
Apricots, dried	5 pieces	2.89
Asparagus, cooked	1 cup	2.88
Beets, cooked	1 cup	2.85
Bread, whole wheat	1 slice	2.00
Brussels sprouts, cooked	1 cup	2.84
Cantaloupe, cubes	1 cup	1.28
Carrots, raw	1 medium	2.00
Cashews	1 oz.	1.00

Celery	1 stalk	1.02
Collard greens, cooked	1 cup	2.58
Cranberries	1/2 cup	1.99
Cucumber, sliced w/ peel	1 cup	0.83
Eggplant, cooked cubes	1 cup	2.48
Kiwifruit	1 each	2.58
Mushrooms, raw	1 cup	1.36
Mustard greens, cooked	1 cup	2.80
Onions, raw	1 cup	2.88
Peanuts	1 oz.	2.30
Peach	1 medium	2.00
Peppers, sweet	1 cup	2.62
Pineapple	1 cup	1.86
Plum	1 medium	1.00
Raisins	1.5 oz box	1.60
Romaine lettuce	1 cup	0.95
Summer squash, cooked	1 cup	2.52
Sunflower seeds	1/4 cup	3.00
Tomato	1 medium	1.00
Walnuts	1 oz.	2.98
Zucchini, cooked	1 cup	2.63