



Karen Smith RD

Change your food. Change your health.

## *Fiber filled foods*

### *FRUITS*

<b>Food</b>	<b>Portion</b>	<b>Amount of Fiber Grams (g)</b>
Passion Fruit	1 cup	25 g
Advocado	1 cup	10 g
Elderberries, raw	1 cup	10 g
Guava	1 cup	9 g
Blackberries, raw	1 cup	8 g
Raspberries	1 cup	8 g
Pomegranates (including the seeds)	1 cup	7 g
Boysenberries	1 cup	7 g
Persimmon	1 fruit	6 g
Kiwi	1 cup	5 g
Currants (red & white), raw	1 cup	5 g
Blueberries	1 cup	4 g
Oranges & Tangerines	1 cup	4 g
Pears	1 cup	4 g
Strawberries	1 cup	3 g
Apricot	1 cup	3 g
Bananas	1 cup sliced	3 g
Apples	1 cup sliced	3 g
Mango	1 cup	3 g
Grapefruit	1 cup	3 g
Peaches	1 cup	2 g



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## *NUTS/SEEDS*

<b>Food</b>	<b>Portion</b>	<b>Amount of Fiber (grams)</b>
Pinon nuts (pine nuts)	1 oz (~ 2 Tablespoons)	12 g
Flaxseed	1 oz	8 g
Almonds	1 oz	4 g
Sesame seeds	¼ cup	4 g
Sunflower seeds	¼ cup	3 g
Pumpkin seeds	½ cup	3 g
Pistachio nuts	1 oz	3 g
Walnuts	1 oz	2 g
Peanuts	1 oz	2 g
Cashews	1 oz	1 g



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## VEGETABLES

Food	Portion	Amount of Fiber (grams)
Acorn squash	1 cup	9 g
Collard greens	1 cup	8 g
Artichokes	Medium	7 g
Butternut squash	1 cup	7 g
Brussel sprouts, cooked	1 cup	6 g
Parsnips	1 cup	7 g
Cauliflower, cooked	1 cup	5 g
Kale, cooked	1 cup	5 g
Kohlrabi, raw	1 cup	5 g
Broccoli, cooked	1 cup	5 g
Carrots	1 cup	5 g
Savoy cabbage, cooked	1 cup	5 g
Red cabbage, cooked	1 cup	4 g
Spinach	1 cup	4 g
Beet greens	1 cup	4 g
Green (snap) beans	1 cup	4 g
Okra	1 cup	4 g
Sweet potatoes	1 cup	4 g
Swiss Chard	1 cup	4 g
Baked potatoes	Medium	4 g
Asparagus	1 cup	4 g
Acorn squash	1 cup	3 g
White button mushrooms	1 cup	3 g



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Turnips	1 cup	3 g
Rutabagas	1 cup	3 g
Sweet corn	1 cup	3 g
Fennel	1 cup	3 g
Eggplant	1 cup	2 g
Zucchini	1 cup cooked	2 g
Green bell peppers	1 cup	2 g
Leeks	1 cup	2 g
Celery	1 cup raw	1 g



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## GRAINS

Food	Portion	Amount of Fiber (grams)
Sorghum	1 cup	12 g
Bulgur, cooked	1 cup	8 g
Rye Flour	¼ cup	7 g
Kamut	1 cup	7 g
Amaranth	¼ cup	6 g
Pearl Barley	1 cup	6 g
Teff, grain, dry	¼ cup	6 g
Spaghetti (whole wheat), cooked	1 cup	6 g
Crackers, rye wafers	1 oz	6 g
Quinoa, cooked	1 cup cooked	5 g
Buckwheat	1 cup	5 g
Triticale, flour, dry	¼ cup	5 g
Oats, dry	¼ cup	4 g
Wheat flour (whole wheat), dry	¼ cup	4 g
Brown rice, cooked	1 cup	4 g
Oatmeal	1 cup	4 g
Wild rice, cooked	1 cup	3 g
Millet	1 cup	2 g
Bread (whole wheat), sliced	1 slice	2 g
Corn	1 ear	2 g



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## LEGUMES

Food	Portion	Amount of Fiber (grams)
Navy (haricot) beans	1 cup	19 g
Small white beans	1 cup	19 g
Adzuki beans	1 cup	17 g
Split peas	1 cup	16 g
Lentils	1 cup	16 g
Pinto beans	1 cup	15 g
Mung beans	1 cup	15 g
Cranberry (borlotti) beans	1 cup	15 g
Black beans	1 cup	15 g
Chickpeas (garbanzo beans)	1 cup	12 g
Great northern beans	1 cup	12 g
Kidney beans	1 cup	11 g
Large white beans	1 cup	11 g
Black-Eyed peas (cowpeas)	1 cup	11 g
Boiled soybeans (edamame)	1 cup	10 g
Green peas	1 cup	9 g
Natto (fermented soybeans)	1 cup	9 g
Broad beans (fava)	1 cup	9 g
Tempeh	½ cup	7 g
Firm tofu	1 cup	6 g