

HIGH FIBER FOOD CHART PDF

BEANS AND LEGUMES

Food	Serving	Fiber (g)
Navy beans	1 cup	19.1
Split peas	1 cup	16.3
Lentils	1 cup	15.6
Black beans	1 cup	15.0
Lima beans	1 cup	13.2
Chickpeas	1 cup	12.5

CEREALS AND GRAINS

Food	Serving	Fiber (g)
Bran Flakes	1 cup	7.6
Oat bran	1 cup cooked	6.0
Quinoa	1 cup cooked	5.2
Oatmeal	1 cup cooked	4.0
Brown rice	1 cup cooked	3.5
Wild rice	1 cup cooked	3.0

VEGETABLES

Food	Serving	Fiber (g)
Artichoke	1 medium	10.3
Peas	1 cup	8.8
Broccoli	1 cup	5.1
Brussels sprouts	1 cup	4.1
Carrots	1 cup	3.6
Sweet potato	1 medium	4

NUTS AND SEEDS

Food	Serving	Fiber (g)
Chia seeds	1 oz.	9.8
Flaxseeds	1 oz.	8.2
Almonds	1/4 cup	4.2
Pistachios	1/4 cup	3.0
Sunflower seeds	1/4 cup	3.0
Pecans	1/4 cup	2.7

FRUITS

Food	Serving	Fiber (g)
Avocado	1 medium	13.5
Raspberries	1 cup	8.0
Blackberries	1 cup	7.6
Pear	1 medium	5.5
Apple (with skin)	1 medium	4.4
Banana	1 medium	3.1