



FIBER FOODS LIST

Use this list to identify what carbohydrate foods have the most fiber per serving. This list can be used for meal planning purposes.

GRAINS & SEEDS	Serving	Fiber (g)
Whole Wheat	1 cup	8.2
Bulgur	1 cup	8
Oats/Oatmeal	1 cup	4.0
Brown Rice	1 cup	3.2
Quinoa	1 cup	5.2
Barley	1 cup	6.0
Whole wheat spaghetti or pasta	2 oz. dry	5.0
Bread, commercially baked, whole wheat	1 slice	1.9
Rye Crackers	2	3
Flax seeds	1 Tbsp	2.8
Chia seeds	1 Tbsp	4.9



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VEGETABLES	Serving	Fiber (g)
Collards, cooked	1 cup	7.6
Artichokes	1 cup	7.7
Potato	1 small	6.9
Sweet potato	1 small	5.9
Brussel sprouts	1 cup	6.4
Spinach, cooked	1 cup	7.0
Tomato Paste	¼ cup	2.7
Corn	1 cup	3.6
Broccoli, cooked	1 cup	5.1
Green beans	1 cup	4
Carrots, cooked	1 cup	4.7
Squash, butternut	1 cup	6.6

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BEANS, PEAS, NUTS	Serving	Fiber (g)
Navy beans	1 cup	19
Lima beans	1 cup	13
Pinto beans	1 cup	15
Black beans	1 cup	15
Kidney beans	1 cup	13
Chickpeas (Garbanzo beans)	1 cup	12.5
Peas, green cooked	1 cup	14
Black-eyed peas	1 cup	11
Soybeans, roasted	1 cup	30
Edamame	1 cup	8
Lentils	1 cup	16
Peanuts, raw	1 cup	12.4
Pistachio nuts	¼ cup	3.2
Almonds, raw	¼ cup	4.5



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FRUIT	Serving	Fiber (g)
Prunes, dried ½ cup 6.2	½ cup	6.2
Figs, dried	½ cup	7.3
Dates	½ cup	5.7
Raisins	½ cup	5.6
Apple	1 med	4.0
Pear	1 med	5.5
Avocado, cubed	1 cup	10.1
Raspberries	1 cup	8
Blueberries	1 cup	3.6
Strawberries	1 cup	3.0
Banana	1 med	3.1
Orange	1 med	3.1