



High-fiber foods

By Mayo Clinic staff (www.mayoclinic.com/health/high-fiber-foods/nu00582)

Looking to add more fiber to your diet? Fiber — along with adequate fluid intake — moves quickly and relatively easily through your digestive tract and helps it function properly. A high-fiber diet may also help reduce the risk of heart disease and diabetes.

Here’s a look at the fiber content of some common foods. Read nutrition labels to find out exactly how much fiber is in your favorite foods. Recommended fiber amounts for women is 21 to 25 grams a day and for men is 30 to 38 grams a day.

Fruits	Serving size	Total fiber (grams)*
Raspberries	1 cup	8.0
Pear, with skin	1 medium	5.1
Apple, with skin	1 medium	4.4
Figs, dried	2 medium	3.7
Blueberries	1 cup	3.5
Strawberries	1 cup	3.3
Banana	1 medium	3.1
Orange	1 medium	3.1
Raisins	1.5-ounce box	1.6
Grains, cereal & pasta	Serving size	Total fiber (grams)*
Spaghetti, whole-wheat, cooked	1 cup	6.3
Barley, pearled, cooked	1 cup	6.0
Oat bran muffin	1 medium	5.2
Bran flakes	3/4 cup	5.1
Oatmeal, quick, regular or instant, cooked	1 cup	4.0
Popcorn, air-popped	3 cups	3.6
Brown rice, cooked	1 cup	3.5
Bread, rye	1 slice	1.9
Bread, whole-wheat or multigrain	1 slice	1.9
Legumes, nuts & seeds	Serving size	Total fiber (grams)*
Split peas, cooked	1 cup	16.3
Lentils, cooked	1 cup	15.6
Black beans, cooked	1 cup	15.0
Lima beans, cooked	1 cup	13.2
Baked beans, vegetarian, canned, cooked	1 cup	10.4
Sunflower seeds, hulled	1/4 cup	3.6
Almonds	1 ounce (22 nuts)	3.3
Pistachio nuts	1 ounce (49 nuts)	2.9
Pecans	1 ounce (19 halves)	2.7
Vegetables	Serving size	Total fiber (grams)*
Artichoke, cooked	1 medium	10.3
Peas, cooked	1 cup	8.8
Broccoli, boiled	1 cup	5.1



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Turnip greens, boiled	1 cup	5.0
Sweet corn, cooked	1 cup	4.6
Brussels sprouts, cooked	1 cup	4.1
Potato, with skin, baked	1 medium	4.0
Tomato paste	1/4 cup	2.7
Carrot, raw	1 medium	1.7

*Fiber content can vary between brands.