



Chart of High-Fiber Foods

Here's a look at the fiber content of some foods. Read nutrition labels to find out exactly how much fiber is in your favorite foods. Women should try to eat at least 21 to 25 grams of fiber a day while men should aim for 30 to 38 grams a day.

Fruits	Serving Size	Total Fiber (grams)
Raspberries	1 cup	8.0
Pear with skin	1 Medium	5.5
Apple with skin	1 Medium	4.4
Banana	1 Medium	3.1
Orange	1 Medium	3.1
Strawberries (halves)	1 Cup	3.0
Figs, Dried	2 Medium	1.6
Raisins	1 ounce (60 raisins)	1.0
Grains, Cereal, and Pasta		
Spaghetti, whole-wheat, Cooked	1 Cup	6.3
Barley, pearled, cooked	1 Cup	6.0
Bran Flakes	¾ Cup	5.3
Oat bran Muffin	1 Medium	5.2
Oatmeal, instant, cooked	1 Cup	4.0
Popcorn, air-cooked	3 Cups	3.5
Brown Rice, Cooked	1 Cup	3.5
Bread, Rye	1 Slice	1.9
Bread, Whole-wheat or multigrain	1 Slice	1.9
Legumes, nuts and Seeds		
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 seed kernels	¼ Cup	3.9
Almonds	1 ounce (23 nuts)	3.5
Pistachio nuts	1 ounce (49 nuts)	2.9
Pecans	1 ounce (19 halves)	2.7
Vegetables		

Artichoke, cooked	1 Medium	10.3
Green Peas, cooked	1 Cup	8.8
Broccoli, boiled	1 Cup	5.1
Turnip Greens, boiled	1 Cup	5.0
Brussels sprouts, cooked	1 Cup	4.1
Sweet Corn, Cooked	1 Cup	4.0
Potato with skin, baked	1 Small	3.0
Tomato Paste	¼ Cup	2.7
Carrot Raw	1 Medium	1.7