

Fiber Content of Foods

The recommended amount of fiber is 21-25 grams per day for women and 30-38 grams per day for men (at least 14 grams for every 1000 calories).

Increase fiber in your diet slowly to avoid side effects.

In the chart below: Gray shading = high fiber food

* = Counts as a starch choice for the plate method

Food Item	Portion	Fiber (gm)	Carb (gm)	Calories
Vegetables				
Artichoke	1 medium	4	9	42
Asparagus	1 cup	4	4	40
Beets, cooked	1 cup	3	12	53
Broccoli, cooked	1 cup	5	11	54
Brussels Sprouts	1 cup	4	11	56
Cabbage, cooked	1 cup	3	7	33
Cabbage, raw	1 cup	2	5	21
Carrots, cooked	1 cup	5	13	55
Carrots, raw	1 cup	4	12	52
Cauliflower, cooked	1 cup	3	5	29
Celery, diced	1 cup	2	4	14
Collard greens, cooked	1 cup	4	8	40
*Corn	1 cup	5	36	152
Cucumber	1 cup	1	4	16
Eggplant, cooked	1 cup	3	9	35
Green beans, cooked	1 cup	4	10	44
*Green peas	1 cup	9	23	125
Jicama, sliced	1 cup	6	11	46
Kale, cooked	1 cup	3	7	36
Mushrooms, cooked	1 cup	2	4	28
Mustard greens, cooked	1 cup	3	3	21
Peppers, green, chopped	1 cup	3	7	30
Peppers, red, chopped	1 cup	3	9	39
Peppers, yellow, chopped	1 cup	2	10	41
*Potatoes, Red, baked with skin	1 cup	2.5	27	114
*Potatoes, Russet, baked with skin	1 medium	4	61	265
*Pumpkin, cooked	1 cup	7	20	83
Romaine lettuce	1 cup	1	2	8
Spinach, cooked	1 cup	4	7	41

Food Item	Portion	Fiber (gm)	Carb (gm)	Calories
Spinach, raw	1 cup	1	1	7
*Sweet Potato, mashed	1 cup	6	42	272
*Sweet Potato, baked	1 medium	4	25	164
Tomato sauce/ puree	1 cup	4	18	78
Tomatoes, cooked	1 cup	2	10	43
Tomatoes, raw, chopped	1 cup	2	7	32
Turnip greens, cooked	1 cup	5	6	29
Winter squash, baked	1 cup	9	29	112
Zucchini with skin, cooked	1 cup	2	7	27

Fruits

Apple, red	1 medium	3	19	72
Apricots	3 whole	2	12	50
Avocado	1/2 average	5	6	120
Banana	1 medium	3	27	105
Blackberries	1 cup	8	14	62
Blueberries	1 cup	4	21	83
Cantaloupe	1 cup cubes	1	13	54
Grapefruit	1 large	2	13	53
Grapes	1 cup	1	27	104
Honeydew	1 cup cubes	1	16	64
Kiwi	1 large	3	13	56
Mango	1/2 large	2	18	67
Nectarine	1 large	3	16	69
Orange	1 large	4	22	86
Papaya	1/2 large	3	19	74
Peach	1 large	2	15	61
Pear	1 medium	5	26	96
Pineapple	1 cup diced	2	22	83
Plums	2 small	2	15	61
Prunes	3 whole	2	16	60
Raspberries	1 cup	8	15	64
Strawberries	1 cup sliced	3	13	53
Tangerine	1 medium	2	12	47
Watermelon	1 cup balls	1	12	46

Food Item	Portion	Fiber (gm)	Carb (gm)	Calories
Grains/ Legumes/ Seeds				
Barley (cooked)	1 cup	6	44	194
Blueberry muffin	1 small	2	32	183
Bran flakes	1 cup dry	7	32	128
Bran muffin	1 small	3	32	178
Brown rice (cooked)	1 cup	4	45	216
Cheerios®	1 cup dry	3	20	100
Corn flakes	1 cup dry	1	24	101
Corn tortilla	1 medium	2	11	52
Fiber One® Chewy Bar	1 bar	9	28	150
Grits (cooked)	1 cup	1	31	143
Kashi ® GoLean cereal	1 cup dry	10	30	140
Legumes: cooked				
Beans, average of all	½ cup	7	21	128
Lentils	½ cup	8	20	115
Peanuts, raw	¼ cup	3	6	207
Peas, split	½ cup	8	21	116
Soybeans	½ cup	5	9	149
Oatmeal (cooked)	1 cup	4	25	147
Pasta (cooked)	1 cup	2	36	182
Popcorn, air popped (cooked)	1 cup	1	6	31
Quinoa (cooked)	½ cup	2	24	127
Rye crisp crackers	5	2	9	44
Seeds:				
Flax seeds	3 Tbsp	7	9	140
Sunflower Seeds	¼ cup	3	7	165
Shredded wheat	2 biscuits	6	36	155
Wild rice (cooked)	1 cup	3	35	166
Wheat tortilla	6"	3	24	145
Whole grain bagel	½ medium	3	35	185
Whole wheat bread	1 slice	3	20	110
Whole wheat crackers	5	1	11	70
Whole wheat English Muffin	1 whole	4	27	1134
Whole wheat pasta (cooked)	1 cup	4	37	174
Whole wheat pita	1 large	5	35	170