High-fiber food chart

Grams of fiber per serving. The Daily Value is 28 g.

FiberKit

Beans & legumes

FOOD	SERVING	FIBER
Navy beans	½ cup, cooked	9.6 g
Adzuki beans	½ cup, cooked	8.4 g
Split peas	½ cup, cooked	8.1 g
Lentils	½ cup, cooked	7.8 g
Pinto beans	½ cup, cooked	7.7 g
Borlotti beans	½ cup, cooked	7.7 g
Mung beans	½ cup, cooked	7.7 g
Black beans	½ cup, cooked	7.5 g
Kidney beans	½ cup, cooked	6.6 g
Lima beans	½ cup, cooked	6.6 g
Chickpeas	½ cup, cooked	6.2 g
Tempeh	3 oz	6 g

Vegetables

FOOD	SERVING	FIBER
Acorn squash	1 cup, cubes, baked	9 g
Collard greens	1 cup, chopped, cooked	7.6 g
Artichoke	1 medium, cooked	6.8 g
Butternut squash	1 cup, cubes, baked	6.6 g
Jicama	1 cup, sliced, raw	5.9 g
Broccoli, cooked	1 cup, chopped, cooked	5.1 g
Kohlrabi	1 cup, raw	4.9 g
Kale, cooked	1 cup, cooked	4.7 g
Mixed vegetables	½ cup, cooked	4 g
Green beans	1 cup, cooked	4 g
Sweet potato	1 medium, baked	3.8 g
Baked potato	1 medium, baked with skin	3.8 g

Fruits

FOOD	SERVING	FIBER
Raspberries	1 cup	8 g
Blackberries	1 cup	7.6 g
Gooseberries	1 cup	6.5 g
Persimmon	1 fruit	6 g
Pear	1 medium	5.5 g
Apple	1 medium	4.4 g
Passion fruit	2 fruits	3.7 g
Goji berries, dried	1 oz (5 tbsp)	3.6 g
Figs, dried	¼ cup	3.6 g
Plantain, cooked	1 cup, sliced, boiled	3.6 g
Blueberries	1 cup	3.6 g
Pomegranate	½ cup, arils	3.5 g

Grains & cereals

FOOD	SERVING	FIBER
Bulgur	1 cup, cooked	8.2 g
Raisin bran	1 cup	8.1 g
Chickpea pasta	2 oz, dry	8 g
Spelt	1 cup, cooked	7.6 g
Teff	1 cup, cooked	7.1 g
Shredded wheat	1 cup, spoon-size	6.1 g
Barley, pearled	1 cup, cooked	6 g
Bran flakes	¾ cup	5.5 g
Quinoa	1 cup, cooked	5.2 g
Amaranth	1 cup, cooked	5.2 g
Rye crispbread	2 crispbreads	5 g
Muesli	⅔ cup	5 g

Nuts & seeds

FOOD	SERVING	FIBER
Chia seeds	1 oz	9.6 g
Coconut, dried	1 oz	4.6 g
Flaxseed, ground	2 tbsp, ground	3.8 g
Almonds	1 oz (23 almonds)	3.5 g
Almond butter	2 tbsp	3.3 g
Sunflower seeds	1 oz	3.1 g
Pistachios, roasted	1 oz (49 kernels)	2.9 g
Hazelnuts	1 oz (21 nuts)	2.7 g
Pecans	1 oz (19 halves)	2.7 g
Peanuts, roasted	1 oz	2.4 g
Macadamia nuts, roasted	1 oz (10–12 nuts)	2.2 g
Brazil nuts	1 oz (6 nuts)	2.1 g

Fiber per day

AGE	WOMEN	MEN
19 to 50	25 g	38 g
51 and older	21 g	30 g
Pregnant	28 g	
Breastfeeding	29 g	

Tips

- Add fiber over a few weeks and drink more water.
- Keep the skins on fruit and vegetables.
- Choose bread and cereal with a whole grain as the first ingredient.
- Canned beans count as much as dried. Rinse them to cut the salt.

Fiber per serving: USDA FoodData Central. Daily needs: National Academies, Adequate Intake.

fiberkit.app/high-fiber-foods