

This list includes the total grams of soluble and insoluble fiber. Aim to eat 25 to 38 grams a daily.



BEANS AND LEGUMES

Split peas, cooked	1 cup	16.2
Lentils, cooked	1 cup	15.6
Black beans, cooked	1 cup	14.9
Pinto beans, cooked	1 cup	14.7
Kidney beans, cooked	1 cup	13.3
Peanuts	1 cup	13.2
Garbanzo beans, cooked	1 cup	12.5
Navy beans, cooked	1 cup	11.6

VEGETABLES

Peas, green, cooked	1 cup	8.8
Kale, cooked	1 cup	7.2
Sweet Potato, cooked	1 cup	5.9
Turnip greens, cooked	1 cup	5.9
Squash, winter	1 cup	5.7
Broccoli, cooked	1 cup	5.5
Potato, baked w/skin	1 med	4.8
Corn, sweet	1 cup	4.6
Cabbage, cooked	1 cup	4.2
Green beans, cooked	1 cup	3.9
Swiss chard, cooked	1 cup	3.9
Cauliflower, cooked	1 cup	3.4
Onions, raw	1 cup	2.8
Brussels sprouts, cooked	1 cup	2.8
Beets, cooked	1 cup	2.8
Asparagus, cooked	1 cup	2.8
Zucchini, cooked	1 cup	2.6
Collard greens, cooked	1 cup	2.5
Eggplant, cooked	1 cup	2.4
Carrots, raw	1 med	1.7

FRUITS

Avocado	1 med	10.0
Raspberries	1 cup	8.3
Pear with skin	1 med	5.5
Apples, w/skin	1 med	5.0
Blueberries	1 cup	3.6
Banana	1 med	3.1
Oranges, navel	1 med	3.1
Prunes	1/4 cup	3.0
Strawberries	1 cup	3.0
Apricots, dried	5 pieces	2.8
Kiwi fruit	1 med	2.1
Peach	1 med	2.0
Coconut flakes	3 tbsp	2.0

GRAINS

Bran, wheat (unprocessed)	1 cup	24.8
Quinoa, cooked	1cup	9.3
Oats, dry	1 cup	8.6
Pasta, whole wheat	1 cup	6.3
Rice, brown, cooked	1 cup	3.5
Bread, whole wheat	1 slice	1.9

NUTS AND SEEDS

Chia Seeds	2 tbsp	11.0
Walnuts	1 cup	5.8
Seeds, pumpkin	1/4 cup	4.1
Flaxseed, raw ground	2 tbsp	4.0
Almonds	1 oz (23)	3.5
Pistachio nuts	1 oz (49)	3.1
Seeds, sunflower	1/4 cup	3.0