# High-Fiber Foods Chart

40 everyday foods • serving sizes • fiber • calories

**28 g = U.S. Daily Value for fiber** Values are approximate

## BEANS & LENTILS — 9 FOODS

| | FIBER | KCAL |
|---|---|---|
| Navy beans<br>½ cup cooked (91 g) | 9.6 g | 127 |
| Split peas<br>½ cup cooked (98 g) | 8.1 g | 116 |
| Lentils<br>½ cup cooked (99 g) | 7.8 g | 115 |
| Pinto beans<br>½ cup cooked (86 g) | 7.7 g | 123 |
| Black beans<br>½ cup cooked (86 g) | 7.5 g | 114 |
| Red kidney beans<br>½ cup cooked (89 g) | 6.6 g | 113 |
| Chickpeas<br>½ cup cooked (82 g) | 6.2 g | 134 |
| Great Northern beans<br>½ cup cooked (89 g) | 6.2 g | 105 |
| Edamame<br>½ cup prepared (78 g) | 4.1 g | 94 |

## FRUITS — 9 FOODS

| | FIBER | KCAL |
|---|---|---|
| Raspberries<br>1 cup raw (123 g) | 8.0 g | 64 |
| Blackberries<br>1 cup raw (144 g) | 7.6 g | 62 |
| Pear, with skin<br>1 medium (178 g) | 5.5 g | 101 |
| Avocado<br>½ medium (68 g) | 4.6 g | 109 |
| Apple, with skin<br>1 medium (182 g) | 4.4 g | 95 |
| Blueberries<br>1 cup raw (148 g) | 3.6 g | 84 |
| Banana<br>1 medium (118 g) | 3.1 g | 105 |
| Orange<br>1 medium (131 g) | 3.1 g | 62 |
| Strawberries<br>1 cup raw (144 g) | 2.9 g | 46 |

### A LITTLE FIBER ADDS UP

Try beans in a soup, berries on oats, or seeds stirred into yogurt.

## VEGETABLES — 9 FOODS

| | FIBER | KCAL |
|---|---|---|
| Green peas<br>1 cup cooked (160 g) | 8.8 g | 134 |
| Artichoke<br>1 medium cooked (120 g) | 6.8 g | 64 |
| Broccoli<br>1 cup cooked (156 g) | 5.1 g | 55 |
| Brussels sprouts<br>1 cup cooked (156 g) | 4.1 g | 56 |
| Sweet potato<br>1 medium baked (114 g) | 3.8 g | 103 |
| Potato, with skin<br>1 medium baked (173 g) | 3.8 g | 161 |
| Sweet corn<br>1 cup cooked (157 g) | 3.8 g | 151 |
| Carrots<br>1 cup raw (128 g) | 3.6 g | 52 |
| Kale<br>~3 cups chopped raw (67 g) | 2.7 g | 23 |

## WHOLE GRAINS — 8 FOODS

| | FIBER | KCAL |
|---|---|---|
| Bulgur<br>1 cup cooked (182 g) | 8.2 g | 151 |
| Pearled barley<br>1 cup cooked (157 g) | 6.0 g | 193 |
| Whole-wheat pasta<br>1 cup cooked (140 g) | 5.5 g | 209 |
| Quinoa<br>1 cup cooked (185 g) | 5.2 g | 222 |
| Oatmeal<br>1 cup cooked (234 g) | 4.0 g | 166 |
| Air-popped popcorn<br>3 cups (24 g) | 3.5 g | 93 |
| Brown rice<br>1 cup cooked (195 g) | 3.1 g | 240 |
| Whole-wheat bread<br>1 slice (32 g) | 1.9 g | 81 |

## NUTS & SEEDS — 5 FOODS

| | FIBER | KCAL |
|---|---|---|
| Chia seeds<br>2 tbsp dry (28 g) | 9.6 g | 136 |
| Flaxseed<br>2 tbsp dry (20 g) | 5.5 g | 107 |
| Almonds<br>1 oz (28 g) | 3.5 g | 162 |
| Pistachios<br>1 oz (28 g) | 3.0 g | 157 |
| Sunflower seeds<br>1 oz (28 g) | 2.4 g | 164 |

SOURCE USDA FoodData Central SR Legacy (2018), via TempoLife food data.
Weights refer to edible portions. Check product labels; preparation and varieties affect values.