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

FRUITS — 9 FOODS

	FIBER	KCAL
Raspberries 1 cup raw (123 g)	8.0 g	64
Blackberries 1 cup raw (144 g)	7.6 g	62
Pear, with skin 1 medium (178 g)	5.5 g	101
Avocado ½ medium (68 g)	4.6 g	109
Apple, with skin 1 medium (182 g)	4.4 g	95
Blueberries 1 cup raw (148 g)	3.6 g	84
Banana 1 medium (118 g)	3.1 g	105
Orange 1 medium (131 g)	3.1 g	62
Strawberries 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 1 cup cooked (160 g)	8.8 g	134
Artichoke 1 medium cooked (120 g)	6.8 g	64
Broccoli 1 cup cooked (156 g)	5.1 g	55
Brussels sprouts 1 cup cooked (156 g)	4.1 g	56
Sweet potato 1 medium baked (114 g)	3.8 g	103
Potato, with skin 1 medium baked (173 g)	3.8 g	161
Sweet corn 1 cup cooked (157 g)	3.8 g	151
Carrots 1 cup raw (128 g)	3.6 g	52
Kale ~3 cups chopped raw (67 g)	2.7 g	23

WHOLE GRAINS — 8 FOODS

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

NUTS & SEEDS — 5 FOODS

	FIBER	KCAL
Chia seeds 2 tbsp dry (28 g)	9.6 g	136
Flaxseed 2 tbsp dry (20 g)	5.5 g	107
Almonds 1 oz (28 g)	3.5 g	162
Pistachios 1 oz (28 g)	3.0 g	157
Sunflower seeds 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.