

High Fiber Foods List

Fiber is a type of carbohydrate found in fruits, vegetables, nuts, seeds and whole grains. It has several health benefits including improving gastrointestinal health, decreasing the risk of certain cancers as well as decreasing cholesterol and blood sugar levels.

Fiber goals should be individualized, but the following are general recommendations:

Men: 38 grams per day for ages 50 and younger, 30 grams for ages 51 and older
Women: 25 grams per day for ages 50 and younger, 21 grams for ages 51 and older

High Fiber Foods		
Food	Amount	Fiber Content (g)
Bran cereal	½ cup	up to 13
Chia seeds	2 Tbsp	8
Kidney beans	½ cup cooked	8
Lentils	½ cup cooked	8
Black beans	½ cup cooked	8
Blackberries	1 cup	8
Whole grain pasta	2 oz	7
Artichoke	1 medium	7
Raspberries	1 cup	7
Chickpeas, canned	½ cup	5
Baked beans	½ cup	5
Soybeans	½ cup	5
Pear	1 fruit	5
Quinoa	½ cup	5
Sweet potato	1 medium	5
White potato	1 medium	4
Oats	½ cup raw	4
Lima beans	½ cup	4
Peas	½ cup cooked	4

Apple	1 medium	4
Pomegranate	½ cup arils	4
Carrots, raw	1 cup	4
Brussel sprouts	6 sprouts	4
Blueberries	1 cup	4
Almonds	1 oz (~¼ cup)	3
Sunflower seeds	1 oz (~¼ cup)	3
Flaxseed, ground	2 Tbsp	3
Strawberries	1 cup	3
Popcorn	3 cups	3
Avocado	⅓ medium	3
Banana	1 medium	3
Prunes	¼ cup	3
Orange	1 medium	3
Whole grain bread	1 slice	up to 3+
Whole grain tortilla	1 tortilla	up to 3+
Whole grain crackers	1 serving (per the container)	up to 3+

