



Fiber Rich Foods

Legumes, Nuts, Seeds

Navy beans
Split peas
Lentils
Pinto beans
Black beans
Lima beans
Baked beans
Soybeans
Sunflower seeds
Almonds
Pistachio
Pecans

Grains, Cereal, Pasta

Bran flakes/muffins
Oatmeal
Whole wheat foods
Brown rice
Rye bread
Barley
Popcorn

Fruits

Raspberries & Blackberries
Pear, with skin
Apple, with skin
Strawberries
Banana
Orange
Fig, dried
Raisins

Vegetables

Artichoke, cooked
Peas, cooked
Broccoli, boiled
Sweet corn, cooked
Brussels sprouts, cooked
Potato with skin, baked
Sweet potato with skin, baked

Greens, cooked
 Carrot, raw
 Tomato paste

Selected Food Sources Ranked by Amounts of Dietary Fiber and Calories per Standard Food Portion (Appendix 13 Dietary Guidelines for Americans, 2010)

food	standard portion size	calories in standard portion ^a	dietary fiber in standard portion (g) ^a
Beans (navy, pinto, black, kidney, white, great northern, lima), cooked	½ cup	104–149	6.2–9.6
Bran ready-to-eat cereal (100%)	⅓ cup (about 1 ounce)	81	9.1
Split peas, lentils, chickpeas, or cowpeas, cooked	½ cup	108–134	5.6–8.1
Artichoke, cooked	½ cup hearts	45	7.2
Pear	1 medium	103	5.5
Soybeans, mature, cooked	½ cup	149	5.2
Plain rye wafer crackers	2 wafers	73	5.0
Bran ready-to-eat cereals (various)	⅓–¾ cup (about 1 ounce)	88–91	2.6–5.0
Asian pear	1 small	51	4.4
Green peas, cooked	½ cup	59–67	3.5–4.4
Whole-wheat English muffin	1 muffin	134	4.4
Bulgur, cooked	½ cup	76	4.1
Mixed vegetables, cooked	½ cup	59	4.0
Raspberries	½ cup	32	4.0
Sweet potato, baked in skin	1 medium	103	3.8
Blackberries	½ cup	31	3.8
Soybeans, green, cooked	½ cup	127	3.8
Prunes, stewed	½ cup	133	3.8
Shredded wheat ready-to-eat cereal	½ cup (about 1 ounce)	95–100	2.7–3.8
Figs, dried	¼ cup	93	3.7
Apple, with skin	1 small	77	3.6
Pumpkin, canned	½ cup	42	3.6
Greens (spinach, collards, turnip greens), cooked	½ cup	14–32	2.5–3.5
Almonds	1 ounce	163	3.5
Sauerkraut, canned	½ cup	22	3.4
Whole wheat spaghetti, cooked	½ cup	87	3.1
Banana	1 medium	105	3.1
Orange	1 medium	62	3.1
Guava	1 fruit	37	3.0
Potato, baked, with skin	1 small	128	3.0
Oat bran muffin	1 small	178	3.0
Pearled barley, cooked	½ cup	97	3.0
Dates	¼ cup	104	2.9
Winter squash, cooked	½ cup	38	2.9
Parsnips, cooked	½ cup	55	2.8
Tomato paste	¼ cup	54	2.7
Broccoli, cooked	½ cup	26–27	2.6–2.8
Okra, cooked from frozen	½ cup	26	2.6