

High Fiber Diet Foods

GOAL 20-25 grams/day

DIETARY FIBER		DIETARY FIBER		DIETARY FIBER		DIETARY FIBER					
FRUIT	SERVING SIZE	DIETARY FIBER grams	VEGETABLES	SERVING SIZE	DIETARY FIBER grams	BREADS	SERVING SIZE	DIETARY FIBER grams	LEGUMES, COOKED	SERVING SIZE	DIETARY FIBER grams
Apple, <i>canned, peeled</i>	1/2 cup	2.1	Asparagus	1/2 cup	3.5	Cornbread	1 square	1.1	Beans, <i>brown</i>	1/2 cup	8.4
Apple, <i>raw w/ skin</i>	1 large	4.0	Bean sprouts, <i>raw</i>	1/2 cup	1.5	French	1 slice	0.7	Beans, <i>kidney</i>	1/2 cup	9.7
Apple juice	1/2 cup	0.0	Beans, green, cooked	1/2 cup	2.1	Pumpernickel	1 slice	1.9	Beans, <i>lima</i>	1/2 cup	8.3
Apricots, <i>canned</i>	1/2 cup	2.1	Beets, <i>cooked</i>	1/2 cup	2.1	Rye	1 slice	0.8	Beans, <i>pinto</i>	1/2 cup	8.9
Apricots, <i>raw w/ skins</i>	2	1.4	Broccoli, <i>cooked</i>	1/2 cup	3.5	White	1 slice	0.7	Beans, <i>white</i>	1/2 cup	7.9
Bananas	1 med	3.0	Brussels sprouts	1/2 cup	2.3	Whole grain	1 slice	2.1	Lentils, <i>cooked</i>	1/2 cup	3.7
Blackberries, <i>raw</i>	1/2 cup	5.0	Cabbage, <i>cooked</i>	1/2 cup	2.1	Whole wheat	1 slice	1.3			
Cherries, <i>raw</i>	10 large	1.1	Carrots, <i>raw</i>	1/2 cup	1.8	ROLLS			NUTS		
Cherries, <i>cooked</i>	1/2 cup	1.0	Cauliflower, <i>cooked</i>	1/2 cup	1.6	Dinner, <i>white</i>	1 roll	0.8	Almonds	1 Tbsp	1.1
Cranberries, <i>raw</i>	1/2 cup	4.0	Celery, <i>raw</i>	1/2 cup	1.1	Whole white	1 roll	1.6	Chestnuts	3 nuts	1.8
Dates, <i>dried</i>	2	1.6	Corn, <i>fresh</i>	1 med ear	5.2				Peanuts, <i>roasted</i>	1 Tbsp	0.8
Figs, <i>dried</i>	1 med	3.7	Cucumber, <i>raw</i>	1/2 cup	1.1	PASTA			Pecans	1 Tbsp	0.5
Grapefruit, <i>raw</i>	1/2	0.8	Kale, <i>cooked</i>	1/2 cup	1.3	Macaroni, <i>cooked</i>	1/2 cup	0.6	Walnuts	1 Tbsp	0.4
Grapes, <i>purple</i>	15	0.5	Lettuce	1 cup	0.8						
Melon	1 cup	1.5	Mushroom, <i>raw</i>	1/2 cup	0.9				SNACK FOODS		
Nectarine, <i>raw w/ skin</i>	1 small	1.5	Mustard greens, <i>raw</i>	1/2 cup	1.0	Spaghetti, <i>cooked</i>	1/2 cup	0.8	Cracker, <i>graham</i>	2 squares	1.4
Orange, <i>raw</i>	1 small	1.6	Okra, <i>raw</i>	1/2 cup	1.6	Rice, <i>brown, cooked</i>	1/2 cup	2.4	Cracker, <i>rye wafer</i>	3 wafers	2.3
Peach, <i>canned</i>	1/2 cup	1.8	Onion, <i>raw</i>	1/2 cup	1.2	Rice, <i>white, cooked</i>	1/2 cup	0.8	Cracker, <i>saltine</i>	6 crackers	0.8
Peach, <i>raw w/ skin</i>	1 med	2.3	Peas, <i>canned</i>	1/2 cup	6.7	CEREALS			Popcorn, <i>popped</i>	3 cups	3.0
Pear, <i>canned</i>	1/2 cup	2.0	Pepper, <i>green, raw</i>	1/2 cup	1.1	100% All Bran	1/3 cup	8.4			
Pear, <i>raw w/ skin</i>	1 med	4.0	Potato, <i>baked w/ skin</i>	1 med	3.8	40% Bran Flakes	1 cup	6.0			
Pineapple, <i>raw</i>	1/2 cup	0.8	Radishes, <i>raw</i>	1/2 cup	1.3	Bran Chex	1 cup	8.2			
Plums, <i>canned</i>	4 small	1.9	Spinach, <i>cooked</i>	1/2 cup	6.5	Cheerios	1 cup	1.6			
Plums, <i>raw w/ skin</i>	3 small	1.8	Squash, <i>summer</i>	1/2 cup	2.0	Corn Bran	1 cup	8.8			
Prunes, <i>dried</i>	2	2.4	Squash, <i>winter</i>	1/2 cup	3.5	Corn Chex	1 cup	3.5			
Raisins	2 Tbsp	1.5	Sweet potato, <i>cooked</i>	1/2 med	2.1	Cornflakes	1 cup	3.5			
Rasberries, <i>raw</i>	1/2 cup	4.6	Tomato, <i>cooked</i>	1/2 cup	1.5	Grapenuts	1/3 cup	5.4			
Strawberries, <i>raw</i>	1/2 cup	1.6	Tomato, <i>raw</i>	1 small	1.5	Oatmeal, <i>instant, dry</i>	1 package	3.3			
Tangerine, <i>raw</i>	1 large	2.0	Turnip, <i>cooked</i>	1/2 cup	2.0	Oats, <i>whole, dry</i>	1/4 cup	2.9			
			Yam, <i>cooked</i>	1/2 cup	3.9	Puffed Wheat	1 cup	4.5			
			Zucchini, <i>raw</i>	1/2 cup	2.0	Shredded Wheat	1 biscuit	2.8			
						Total	1 cup	3.3			
						Unprocessed Bran	1 tsp	2.0			
						Wheat Chex	1 cup	3.0			
						Wheaties	1 cup	3.5			

Meats, fish, poultry, fats and dairy products are not listed as they do not contain dietary fiber, but are an important part of a nutritionally balanced diet.

Amount of dietary fiber adapted from: Plant Fiber in Foods, James Anderson, M.D., Published by the HCF Diabetes Research Foundation, Inc.