Food Source Fiber Comparison Chart

Lentils, Cooked			
Pinto Beans, Cooked ½ Cup 7.7 Garbanzo Beans, Canned ½ Cup 6.3 Soup, Lentil (Canned) 1 Cup 5.6 Blackeyed Peas, Cooked ½ Cup 5.5 Baked Beans, Canned ½ Cup 5.2 Pear, Fresh 1 Medium 5.1 Baked Potato w/Skin 1 Medium 4.4 Green Peas, Cooked ½ Cup 4.4 Green Peas, Cooked ½ Cup 4.4 Raspberries, Fresh ½ Cup 3.9 Blackberries, Fresh ½ Cup 3.8 Raisin Bran Cereal ½ Cup 3.7 Spinach, Cooked ½ Cup 3.5 Apple, Fresh 1 Medium 3.3 Strawberries, Fresh 1 Cup 3.3 Brusel Sprouts, Cooked ½ Cup 3.2 Navel Orange, Fresh 1 Medium 3.1 Barley, Cooked ½ Cup 3.2 Navel Orange, Fresh 1 Medium 3.1 Barley, Cooked ½ Cup 2.9 Soup, Split Pea (Canned)	Food Source	Serving Size	Fiber (g)
Garbanzo Beans, Canned ½ Cup 6.3 Soup, Lentil (Canned) 1 Cup 5.6 Blackeyed Peas, Cooked ½ Cup 5.5 Baked Beans, Canned ½ Cup 5.2 Pear, Fresh 1 Medium 5.1 Baked Potato w/Skin 1 Medium 4.4 Green Peas, Cooked ½ Cup 4.4 Raspberries, Fresh ½ Cup 4.4 Raspberries, Fresh ½ Cup 3.9 Blackberries, Fresh ½ Cup 3.9 Blackberries, Fresh ½ Cup 3.7 Spinach, Cooked ½ Cup 3.5 Apple, Fresh 1 Medium 3.3 Brussel Sprouts, Cooked ½ Cup 3.2 Navel Orange, Fresh 1 Medium 3.1 Barley, Cooked ½ Cup 3.2 Navel Orange, Fresh 1 Medium 3.1 Barley, Cooked ½ Cup 3.2 Navel Corange, Fresh 1 Medium 3.1 Barley, Cooked ½ Cup 2.9 Soup, Split Pea (Canned)	Lentils, Cooked	½ Cup	7.8
Soup, Lentil (Canned) 1 Cup 5.6 Blackeyed Peas, Cooked ½ Cup 5.5 Baked Beans, Canned ½ Cup 5.2 Pear, Fresh 1 Medium 5.1 Baked Potato w/Skin 1 Medium 4.4 Green Peas, Cooked ½ Cup 4.4 Raspberries, Fresh ½ Cup 4 Stewed Prunes ½ Cup 3.9 Blackberries, Fresh ½ Cup 3.7 Spinach, Cooked ½ Cup 3.7 Raisin Bran Cereal ½ Cup 3.5 Apple, Fresh 1 Medium 3.3 Strawberries, Fresh 1 Medium 3.3 Strawberries, Fresh 1 Cup 3.2 Navel Orange, Fresh 1 Medium 3.1 Barley, Cooked ½ Cup 3.2 Navel Orange, Fresh 1 Medium 3.1 Barley, Cooked ½ Cup 3.9 Winter Squash, Cooked ½ Cup 2.9 Soup, Split Pea (Canned) ½ Cup 2.7 Sweet Potatoes, Canned	Pinto Beans, Cooked	½ Cup	7.7
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Raspberries, Fresh ½ Cup 3.9 Stewed Prunes ½ Cup 3.9 Blackberries, Fresh ½ Cup 3.8 Raisin Bran Cereal ½ Cup 3.7 Spinach, Cooked ½ Cup 3.5 Apple, Fresh 1 Medium 3.3 Strawberries, Fresh 1 Cup 3.3 Brussel Sprouts, Cooked ½ Cup 3.2 Navel Orange, Fresh 1 Medium 3.1 Barley, Cooked ½ Cup 3 Winter Squash, Cooked ½ Cup 2.9 Soup, Split Pea (Canned) 1 Cup 2.8 Raisins, Seedless ½ Cup 2.7 Sweet Potatoes, Canned ½ Cup 2.7 Sweet Potatoes, Canned ½ Cup 2.3 Grapefruit, Fresh Half 2 Oatmeal, Cooked ½ Cup 2 Bread, Whole Wheat 1 Slice 1.9 Blueberries, Fresh ½ Cup 1.8 Long Grain Brown Rice ½ Cup 1.8 Bread, Mixed Grains	Baked Potato w/Skin	1 Medium	4.4
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Navel Orange, Fresh 1 Medium 3.1 Barley, Cooked ½ Cup 3 Winter Squash, Cooked ½ Cup 2.9 Soup, Split Pea (Canned) 1 Cup 2.8 Raisins, Seedless ½ Cup 2.7 Sweet Potatoes, Canned ½ Cup 2.3 Grapefruit, Fresh Half 2 Oatmeal, Cooked ½ Cup 2 Bread, Whole Wheat 1 Slice 1.9 Blueberries, Fresh ½ Cup 1.8 Long Grain Brown Rice ½ Cup 1.8 Bread, Mixed Grains 1 Slice 1.7 Dates 3 Dates 1.7 Carrots, Raw ½ Cup 1.6 Cauliflower, Raw ½ Cup 1.3 Mixed Nuts, Dry Roasted 0.5 oz 1.3 Prune Juice ½ Cup 1.2 Popcorn 1 Cup 1.2 Cabbage, Raw ½ Cup 0.8 Grapes, Red or Green, Fresh ½ Cup 0.7	Strawberries, Fresh	1 Cup	3.3
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Grapes, Red or Green, Fresh ½ Cup 0.7	<u>'</u>		
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Lettuce, Crisp Iceberg 1 Cub 0.7	Lettuce, Crisp Iceberg	1 Cup	0.7

Source: USDA National Nutrient Database for Standard Reference, Release 17

Fresh & Dried Fruit	Serving Size	Fiber (g)
Apples with skin	1 medium	5.0
Apricot	3 medium	1.0
Apricots, dried	4 pieces	2.9
Banana	1 medium	3.9
Blueberries	1 cup	4.2
Cantaloupe, cubes	1 cup	1.3
Figs, dried	2 medium	3.7
Grapefruit	1/2 medium	3.1
Orange, navel	1 medium	3.4
Peach	1 medium	2.0
Peaches, dried	3 pieces	3.2
Pear	1 medium	5.1
Plum	1 medium	1.1
Raisins	1.5 oz box	1.6
Raspberries	1 cup	6.4
Strawberries	1 cup	4.4

Grains, Beans, Nuts & Seeds	Serving Size	Fiber (g)
Almonds	1 oz	4.2
Black beans, cooked	1 cup	13.9
Bran cereal	1 cup	19.9
Bread, whole wheat	1 slice	2.0
Brown rice, dry	1 cup	7.9
Cashews	1 oz	1.0
Flax seeds	3 Tbsp.	6.9
Garbanzo beans, cooked	1 cup	5.8
Kidney beans, cooked	1 cup	11.6
Lentils, red cooked	1 cup	13.6
Lima beans, cooked	1 cup	8.6
Oats, rolled dry	1 cup	12.0
Quinoa (seeds) dry	1/4 cup	6.2
Quinoa, cooked	1 cup	8.4
Pasta, whole wheat	1 cup	6.3
Peanuts	1 oz	2.3
Pistachio nuts	1 oz	3.1
Pumpkin seeds	1/4 cup	4.1
Soybeans, cooked	1 cup	8.6
Sunflower seeds	1/4 cup	3.0
Walnuts	1 oz	3.1

Vegetables	Serving Size	Fiber (g)
Avocado (fruit)	1 medium	11.8
Beets, cooked	1 cup	2.8
Beet greens	1 cup	4.2
Bok choy, cooked	1 cup	2.8

Broccoli, cooked	1 cup	4.5
Brussels sprouts, cooked	1 cup	3.6
Cabbage, cooked	1 cup	4.2
Carrot	1 medium	2.6
Carrot, cooked	1 cup	5.2
Cauliflower, cooked	1 cup	3.4
Cole slaw	1 cup	4.0
Collard greens, cooked	1 cup	2.6
Corn, sweet	1 cup	4.6
Green beans	1 cup	4.0
Celery	1 stalk	1.1
Kale, cooked	1 cup	7.2
Onions, raw	1 cup	2.9
Peas, cooked	1 cup	8.8
Peppers, sweet	1 cup	2.6
Pop corn, air-popped	3 cups	3.6
Potato, baked w/ skin	1 medium	4.8
Spinach, cooked	1 cup	4.3
Summer squash, cooked	1 cup	2.5
Sweet potato, cooked	1 medium	4.9
Swiss chard, cooked	1 cup	3.7
Tomato	1 medium	1.0
Winter squash, cooked	1 cup	6.2
Zucchini, cooked	1 cup	2.6

High Fiber Food Chart

Category A (more than 7 grams per serving)

FOOD	AMOUNT	TOTAL FIBER
		(grams)
Avocado	1 medium	11.84
Black beans, cooked	1 cup	14.92
Bran cereal	1 cup	19.94
Broccoli, cooked	1 cup	4.50
Green peas, cooked	1 cup	8.84
Kale, cooked	1 cup	7.20
Kidney beans, cooked	1 cup	13.33
Lentils, cooked	1 cup	15.64
Lima beans, cooked	1 cup	13.16
Navy beans, cooked	1 cup	11.65
Oats, dry	1 cup	12.00
Pinto beans, cooked	1 cup	14.71
Split peas, cooked	1 cup	16.27
Raspberries	1 cup	8.34
Rice, brown, uncooked	1 cup	7.98

Soybeans, cooked	1 cup	7.62
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Category B (more than 3 grams per serving)

FOOD	AMOUNT	TOTAL FIBER (grams)
Almonds	1 oz.	4.22
Apple, w/ skin	1 medium	5.00
Banana	1 medium	3.92
Blueberries	1 cup	4.18
Cabbage, cooked	1 cup	4.20
Cauliflower, cooked	1 cup	3.43
Corn, sweet	1 cup	4.66
Figs, dried	2 medium	3.74
Flax seeds	3 tsp.	6.97
Garbanzo beans, cooked	1 cup	5.80
Grapefruit	1/2 medium	6.12
Green beans, cooked	1 cup	3.95
Olives	1 cup	4.30
Oranges, navel	1 medium	3.40
Papaya	1 each	5.47
Pasta, whole wheat	1 cup	6.34
Peach, dried	3 pcs.	3.18
Pear	1 medium	5.08
Pistachio nuts	1 oz.	3.10
Potato, baked w/ skin	1 medium	4.80
Prunes	1/4 cup	3.02
Pumpkin seeds	1/4 cup	4.12
Sesame seeds	1/4 cup	4.32
Spinach, cooked	1 cup	3.98
Strawberries	1 cup	5.94
Sweet potato, cooked	1 cup	3.68
Swiss chard, cooked	1 cup	5.04
Winter squash	1 cup	5.74
Yam, cooked cubes	1 cup	5.30

Category C (less than 3 grams per serving)

FOOD	AMOUNT	TOTAL FIBER (grams)
Apricots	3 medium	0.98
Apricots, dried	5 pieces	2.89
Asparagus, cooked	1 cup	2.88
Beets, cooked	1 cup	2.85
Bread, whole wheat	1 slice	2.00
Brussels sprouts, cooked	1 cup	2.84
Cantaloupe, cubes	1 cup	1.28
Carrots, raw	1 medium	2.00
Cashews	1 oz.	1.00

Celery	1 stalk	1.02
Collard greens, cooked	1 cup	2.58
Cranberries	1/2 cup	1.99
Cucumber, sliced w/ peel	1 cup	0.83
Eggplant, cooked cubes	1 cup	2.48
Kiwifruit	1 each	2.58
Mushrooms, raw	1 cup	1.36
Mustard greens, cooked	1 cup	2.80
Onions, raw	1 cup	2.88
Peanuts	1 oz.	2.30
Peach	1 medium	2.00
Peppers, sweet	1 cup	2.62
Pineapple	1 cup	1.86
Plum	1 medium	1.00
Raisins	1.5 oz box	1.60
Romaine lettuce	1 cup	0.95
Summer squash, cooked	1 cup	2.52
Sunflower seeds	1/4 cup	3.00
Tomato	1 medium	1.00
Walnuts	1 oz.	2.98
Zucchini, cooked	1 cup	2.63