

Foods high in fiber can help keep you full longer and aid in digestive health. Our goal is to try to hit 30 grams or more of fiber per day. Here is a list of foods high in fiber.

| Fruits | Serving size | Total fiber (grams)* |
|------------------|---------------------|-----------------------------|
| Raspberries | 1 cup | 8.0 |
| Pear | 1 medium | 5.5 |
| Apple, with skin | 1 medium | 4.5 |
| Banana | 1 medium | 3.0 |
| Orange | 1 medium | 3.0 |
| Strawberries | 1 cup | 3.0 |

| Vegetables | Serving size | Total fiber (grams)* |
|--------------------------|---------------------|-----------------------------|
| Green peas, boiled | 1 cup | 9.0 |
| Broccoli, boiled | 1 cup chopped | 5.0 |
| Turnip greens, boiled | 1 cup | 5.0 |
| Brussels sprouts, boiled | 1 cup | 4.0 |
| Potato, with skin, baked | 1 medium | 4.0 |
| Sweet corn, boiled | 1 cup | 3.5 |
| Cauliflower, raw | 1 cup chopped | 2.0 |
| Carrot, raw | 1 medium | 1.5 |

| Grains | Serving size | Total fiber (grams)* |
|--------------------------------|---------------------|-----------------------------|
| Spaghetti, whole-wheat, cooked | 1 cup | 6.0 |
| Barley, pearled, cooked | 1 cup | 6.0 |
| Bran flakes | 3/4 cup | 5.5 |
| Quinoa, cooked | 1 cup | 5.0 |
| Oat bran muffin | 1 medium | 5.0 |
| Oatmeal, instant, cooked | 1 cup | 5.0 |
| Popcorn, air-popped | 3 cups | 3.5 |
| Brown rice, cooked | 1 cup | 3.5 |
| Bread, whole-wheat | 1 slice | 2.0 |
| Bread, rye | 1 slice | 2.0 |

| Legumes, nuts and seeds | Serving size | Total fiber (grams)* |
|--------------------------------|---------------------|-----------------------------|
| Split peas, boiled | 1 cup | 16.0 |
| Lentils, boiled | 1 cup | 15.5 |
| Black beans, boiled | 1 cup | 15.0 |
| Baked beans, canned | 1 cup | 10.0 |
| Chia seeds | 1 ounce | 10.0 |
| Almonds | 1 ounce (23 nuts) | 3.5 |
| Pistachios | 1 ounce (49 nuts) | 3.0 |
| Sunflower kernels | 1 ounce | 3.0 |

Goal > 30g of fiber per day

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