

Chart of High Fiber Foods

By Mayo Clinic Staff

Looking to add more fiber to your diet? Fiber — along with adequate fluid intake — moves quickly and relatively easily through your digestive tract and helps it function properly. A high-fiber diet may also help reduce the risk of obesity, heart disease and diabetes.

Here's a look at the fiber content of some common foods. Read nutrition labels to find out exactly how much fiber is in your favorite foods. Women should try to eat at least 21 to 25 grams of fiber a day, while men should aim for 30 to 38 grams a day.

Fruits	Serving size	Total fiber (grams)*
Raspberries	1 cup	8.0
Pear, with skin	1 medium	5.5
Apple, with skin	1 medium	4.4
Banana	1 medium	3.1
Orange	1 medium	3.1
Strawberries (halves)	1 cup	3.0
Figs, dried	2 medium	1.6
Raisins	1 ounce (60 raisins)	1.0
Grains, cereal & pasta	Serving size	Total fiber (grams)*
Spaghetti, whole-wheat, cooked	1 cup	6.3
Barley, pearled, cooked	1 cup	6.0
Bran flakes	3/4 cup	5.3
Oat bran muffin	1 medium	5.2
Oatmeal, instant, cooked	1 cup	4.0
Popcorn, air-popped	3 cups	3.5
Brown rice, cooked	1 cup	3.5
Bread, rye	1 slice	1.9
Bread, whole-wheat or multigrain	1 slice	1.9
Legumes, nuts and seeds	Serving size	Total fiber (grams)*
Split peas, cooked	1 cup	16.3
Lentils, cooked	1 cup	15.6
Black beans, cooked	1 cup	15.0
Lima beans, cooked	1 cup	13.2

Baked beans, vegetarian, canned, cooked	1 cup	10.4
Sunflower seed kernels	1/4 cup	3.9
Almonds	1 ounce (23 nuts)	3.5
Pistachio nuts	1 ounce (49 nuts)	2.9
Pecans	1 ounce (19 halves)	2.7
Vegetables	Serving size	Total fiber (grams)*
Artichoke, cooked	1 medium	10.3
Green peas, cooked	1 cup	8.8
Broccoli, boiled	1 cup	5.1
Turnip greens, boiled	1 cup	5.0
Brussels sprouts, cooked	1 cup	4.1
Sweet corn, cooked	1 cup	4.0
Potato, with skin, baked	1 small	3.0
Tomato paste	1/4 cup	2.7
Carrot, raw	1 medium	1.7

*Fiber content can vary between brands.

Source: USDA National Nutrient Database for Standard Reference, 2012