

High Fiber Diet Foods

GOAL 20-25 grams/day

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, <i>green, cooked</i>	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				NUTS		
Cherries, <i>cooked</i>	1/2 cup	1.0	Cauliflower, <i>cooked</i>	1/2 cup	1.6	ROLLS			Almonds	1 Tbsp	1.1
Cranberries, <i>raw</i>	1/2 cup	4.0	Celery, <i>raw</i>	1/2 cup	1.1	Dinner, <i>white</i>	1 roll	0.8	Chestnuts	3 nuts	1.8
Dates, <i>dried</i>	2	1.6	Corn, <i>fresh</i>	1 med ear	5.2	Whole white	1 roll	1.6	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				Pecans	1 Tbsp	0.5
Grapefruit, <i>raw</i>	1/2	0.8	Kale, <i>cooked</i>	1/2 cup	1.3	PASTA			Walnuts	1 Tbsp	0.4
Grapes, <i>purple</i>	15	0.5	Lettuce	1 cup	0.8	Macaroni, <i>cooked</i>	1/2 cup	0.6			
Melon	1 cup	1.5	Mushroom, <i>raw</i>	1/2 cup	0.9	Spaghetti, <i>cooked</i>	1/2 cup	0.8	SNACK FOODS		
Nectarine, <i>raw w/ skin</i>	1 small	1.5	Mustard greens, <i>raw</i>	1/2 cup	1.0	Rice, <i>brown, cooked</i>	1/2 cup	2.4	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>white, cooked</i>	1/2 cup	0.8	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				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			
Raspberries, <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.