

24 High-Fiber Foods

1. Chia Seeds

Fiber: 13.5 grams per [1/4-cup serving](#)

2. Sunflower Seeds

Fiber: 5 grams per [1/2-cup serving](#)

3. Bran

Fiber: 10.5 grams per [1/8-cup serving](#)

4. Almonds

Fiber: 10 grams per [1/2-cup serving](#)

5. Sweet Potatoes

Fiber: 3.4 grams per [1/2-cup serving](#)

6. Prunes

Fiber: 6.2 grams per [1/2-cup serving](#)

7. Split Peas

Fiber: 22 grams per [1/2-cup serving \(uncooked\)](#)

8. Brussels Sprouts

Fiber: 3.5 grams per [1/2-cup serving](#)

9. Flax Seeds

Fiber: 14.3 grams per [1/4-cup serving](#)

10. Seaweed

Fiber: 5.6 grams per [1/2-cup serving](#)

11. Popcorn

Fiber: 7 grams per [1/2-cup serving](#)

12. Apples

Fiber: 7.5 grams per [1/2-cup serving](#)

13. Artichokes

Fiber: 7 grams [per medium uncooked artichoke](#)

14. Lima beans

Fiber: 12 grams [per 1-cup serving](#).

15. Lentils

Fiber: 16 grams [per 1-cup serving \(cooked\)](#)

16. Black Beans

Fiber: 17 grams [per 1-cup serving](#)

17. Whole-Wheat Pasta

Fiber: 6 grams per [1 cup, cooked](#)

18. Raspberries

Fiber: 8 grams [per 1-cup serving](#)

19. Chickpeas

Fiber: 11 grams [per 1-cup serving](#)

20. Barley

Fiber: 6 grams [per 1-cup serving \(cooked\)](#)

21. Pears

Fiber: 6 grams fiber [per medium pear](#)

22. Avocados

Fiber: 7 grams [per half an avocado](#)

23. Blackberries

Fiber: 8 grams [per 1-cup serving](#)

24. Peanuts

Fiber: 6 grams [per 1/2-cup serving](#)