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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 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. **Recommended fiber amounts for women is 21 to 25 grams a day and for men is 30 to 38 grams a day.**

Fruits	Serving size	Total fiber (grams)*
Raspberries	1 cup	8.0
Pear, with skin	1 medium	5.1
Apple, with skin	1 medium	4.4
Figs, dried	2 medium	3.7
Blueberries	1 cup	3.5
Strawberries	1 cup	3.3
Banana	1 medium	3.1
Orange	1 medium	3.1
Raisins	1.5-ounce box	1.6
Grains, cereal & pasta	Serving size	Total fiber (grams)*
Spaghetti, whole-wheat, cooked	1 cup	6.3
Barley, pearled, cooked	1 cup	6.0
Oat bran muffin	1 medium	5.2
Bran flakes	3/4 cup	5.1
Oatmeal, quick, regular or instant, cooked	1 cup	4.0
Popcorn, air-popped	3 cups	3.6
Brown rice, cooked	1 cup	3.5
Bread, rye	1 slice	1.9

Bread, whole-wheat or multigrain 1 slice 1.9

Legumes, nuts & 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 seeds, hulled	1/4 cup	3.6
Almonds	1 ounce (22 nuts)	3.3
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
Peas, cooked	1 cup	8.8
Broccoli, boiled	1 cup	5.1
Turnip greens, boiled	1 cup	5.0
Sweet corn, cooked	1 cup	4.6
Brussels sprouts, cooked	1 cup	4.1
Potato, with skin, baked	1 medium	4.0
Tomato paste	1/4 cup	2.7
Carrot, raw	1 medium	1.7

*Fiber content can vary between brands.

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Source: U.S. Department of Agriculture, National Nutrient Database for Standard Reference, 2007

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