

FOOD GROUP	RECOMMENDED FOODS	TIPS
Bread, Cereals, Rice, and Pasta	<ul style="list-style-type: none"> • Whole-grain breads, muffins, bagels or pita bread • Rye bread • Whole-wheat crackers or crisp breads • Whole grain or bran cereals • Oatmeal, oat bran, or grits • Wheat germ • Whole-wheat pasta and brown rice 	<ul style="list-style-type: none"> • Scan food labels for bread and cereal products listing whole-grain or whole-wheat as the first ingredient • Look for cooked and ready-to-eat cereals with at least 3 g of fiber per serving
Fruits	<ul style="list-style-type: none"> • All fruits, in particular: Apples, berries, grapefruit, nectarines, oranges, peaches, and pears 	<ul style="list-style-type: none"> • Eat raw fruits (with skins); they have more fiber than cooked or canned fruits, or juice. Dried fruits are also good sources of fiber
Vegetables	All vegetables, in particular: asparagus, broccoli, cabbage, carrots, cauliflower, celery, corn, greens, green beans, green pepper, onions, potatoes (with skin), peas, spinach, squash, sweet potatoes, tomatoes, zucchini	<ul style="list-style-type: none"> • The peel and skin contain fiber. • Choose raw vegetables over cooked vegetables
Meat, Poultry, Fish, Dried Beans, Legumes, Peas, Eggs, and Nuts	<ul style="list-style-type: none"> • All beans and peas, in particular: garbanzo, kidney, lentil, lima, and pinto beans • All seeds and nuts • All meat, poultry, fish and eggs 	<ul style="list-style-type: none"> • Increase fiber in meat dishes by adding pinto or kidney beans • If following a low-fat diet, use peanut butter, nuts and seeds in moderation • If following a low-cholesterol diet use eggs and red meats in moderation
Fats, Snacks, Sweets, Condiments, and Beverages	<ul style="list-style-type: none"> • Popcorn, whole-wheat pretzels • Trail mix made with dried fruits, nuts and seeds • Cakes, breads and cookies made with Oatmeal, fruit and nuts 	
Milk, Yogurt and Cheese	<ul style="list-style-type: none"> • All 	<ul style="list-style-type: none"> • Dairy Foods provide little fiber. Boost fiber by adding fresh fruit, whole-grain and bran cereals, nuts and seeds • If following low-fat, low-cholesterol diet, use 1% or skim milk products.

Source: Inova Health System

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	¼ cup	2.7
Carrot, raw	1 medium	1.7

**Fiber content can vary between brands.*