

HIGH FIBER FOOD LIST

We recommend getting 25–30 grams of fiber daily along with 6–8 glasses of water.

Some High Fiber Foods Include:

Vegetables		
Fiber	Food Item	Serving Size
6.8 grams	Yams- orange fleshed sweet potato, cooked or baked in skin	1 medium (6 ounces)
6 grams	Squash- winter, cooked	1 cup
3.1 grams	Sauerkraut- canned	2/3 cup
3 grams	Squash- summer, cooked	1 cup
3 grams	Squash- zucchini- raw or cooked	1/2 cup
3 grams	Corn- whole kernel canned	1/2 cup
3 grams	Potato	1 medium
2.5 grams	Broccoli	1/2 cup
2.5 grams	Carrots	1/2 cup
2 grams	Spinach	1/2 cup
1.5 grams	Cabbage	1/2 cup
1.5 grams	Cauliflower	1/2 cup
1 gram	Asparagus	4 spears
1 gram	Romaine lettuce	1 cup
1 gram	Tomato- raw	1

Fruits		
Fiber	Food Item	Serving Size
4.6 grams	Raspberries- fresh or frozen	1/2 cup
4 grams	Apple- raw	1 medium
4 grams	Pear- raw	1 medium
2 grams	Apple sauce- unsweetened	1/2 cup
2 grams	Peach- raw	1 medium
2 grams	Tangerine- raw	1 medium
1.7 grams	Avocado- diced	1/4 cup
1.5 grams (insoluble) 0.5 grams (soluble)	Banana	1 medium
1 gram	Strawberries- insoluble	1/2 cup
1 gram	Raisins	1 tablespoon
1 grams	Cranberry Sauce- whole, canned	1/4 cup
9 grams	Dried apricots	1 cup
5 grams	Vitafusion Fiber Well Gummies	2 gummies

Bread, Cereal, Rice and Pasta		
Fiber	Food Item	Serving Size
10.4 grams	All Bran cereal	1/2 cup
10.4 grams	Bran Buds	1/3 cup
6 grams	Spaghetti- whole wheat, with tomato sauce	1 cup
5.6 grams	Spaghetti- whole wheat, with meat sauce	1 cup
5 grams	Bran Flakes	3/4 cup
4.4 grams	Shredded Wheat- Spoon Size	1 cup
3.4 grams	Cornbread	1 square (2 1/2")
3 grams	Oatmeal- plain, cooked	3/4 cup
2.5 grams	Rice brown- cooked	1 cup
2.2 grams	Shredded Wheat	One large biscuit
2.2 grams	Wheat Thins	6
2 grams	Bread- whole wheat	1 slice
1.4 grams	Graham Crackers	2
1 gram	Corn flake cereal- insoluble	1 cup
1 gram	Rice White- cooked	1 cup
1.5 grams (insoluble) 0.5 grams (soluble)	English muffin	1
4 grams	Nature's Own Double Fiber Wheat Bread	1 slice

Legumes		
Fiber	Food Item	Serving Size
8 grams	Kidney beans	1/2 cup
8 grams	Peas- black eyed frozen, canned	1/2 cup
7 grams	Garbanzo beans- canned	1/2 cup
6.5 grams	Baked beans- canned, plain	1/2 cup
6 grams	Pork and beans- canned	1/2 cup
4 grams	Lima beans- canned	1/2 cup
4 grams	Peas- canned	1/2 cup
2 grams	Green beans- canned	1/2 cup

Nuts and Seeds		
Fiber	Food Item	Serving Size
3.1 grams	Almonds	1 ounce
2.2 grams	Peanuts	1 ounce
2 grams	Peanut Butter- creamy	2 tablespoons
1.3 grams	Walnuts	1 ounce
1 gram	Popcorn	1 cup