

Fiber List

- Women should eat 21 - 25 grams of fiber a day, while men should eat 30 - 38 grams a day

Fruits	Serving size	Total fiber (grams)*
Raspberries	1 cup	8
Pear	1 medium	5.5
Apple, with skin	1 medium	4.5
Banana	1 medium	3
Orange	1 medium	3
Strawberries	1 cup	3
Vegetables	Serving size	Total fiber (grams)*
Green peas, boiled	1 cup	9
Broccoli, boiled	1 cup chopped	5
Turnip greens, boiled	1 cup	5
Brussels sprouts, boiled	1 cup	4
Potato, with skin, baked	1 medium	4
Sweet corn, boiled	1 cup	3.5
Cauliflower, raw	1 cup chopped	2
Carrot, raw	1 medium	1.5
Grains	Serving size	Total fiber (grams)*
Spaghetti, whole-wheat, cooked	1 cup	6
Barley, pearled, cooked	1 cup	6
Bran flakes	3/4 cup	5.5
Quinoa, cooked	1 cup	5
Oat bran muffin	1 medium	5
Oatmeal, instant, cooked	1 cup	5
Popcorn, air-popped	3 cups	3.5
Brown rice, cooked	1 cup	3.5
Bread, whole-wheat	1 slice	2
Bread, rye	1 slice	2
Legumes, nuts and seeds	Serving size	Total fiber (grams)*
Split peas, boiled	1 cup	16
Lentils, boiled	1 cup	15.5
Black beans, boiled	1 cup	15
Baked beans, canned	1 cup	10
Chia seeds	1 ounce	10
Almonds	1 ounce (23 nuts)	3.5
Pistachios	1 ounce (49 nuts)	3
Sunflower kernels	1 ounce	3