

# Fiber in Food

The daily recommended amount of fiber is 21-25 grams for women and 30-38 grams for men. Increase the fiber in your diet slowly to avoid side effects.

In the chart below: Gray shading = high fiber food

\* = starchy vegetable, high carb choice

Food Item	Portion	Fiber (gm)	Carb (gm)	Calories
<b>Vegetables</b>				
Artichoke	1 medium	4	9	42
Asparagus	1 cup	4	4	40
Beets, cooked	1 cup	3	12	53
Broccoli, cooked	1 cup	5	11	54
Brussels Sprouts	1 cup	4	11	56
Cabbage, cooked	1 cup	3	7	33
Cabbage, raw	1 cup	2	5	21
Carrots, cooked	1 cup	5	13	55
Carrots, raw	1 cup	4	12	52
Cauliflower, cooked	1 cup	3	5	29
Celery, diced	1 cup	2	4	14
Collard, greens, cooked	1 cup	4	8	40
Corn	1 cup	5	36*	152
Cucumber	1 cup	1	4	16
Eggplant, cooked	1 cup	3	9	35
Green beans, cooked	1 cup	4	10	44
Green peas	1 cup	9	23*	125
Jicama, sliced	1 cup	6	11	46
Kale, cooked	1 cup	3	7	36
Mushrooms, cooked	1 cup	2	4	28
Mustard greens, cooked	1 cup	3	3	21

Peppers, green, chopped	1 cup	<b>3</b>	7	30
Peppers, red, chopped	1 cup	<b>3</b>	9	39
Peppers, yellow, chopped	1 cup	<b>2</b>	10	41
<b>Food Item</b>	<b>Portion</b>	<b>Fiber (gm)</b>	<b>Carb (gm)</b>	<b>Calories</b>
Potatoes, Red, baked with skin	1 cup	<b>2.5</b>	27*	114
Potatoes, Russet, baked with skin	1 cup	<b>3</b>	31*	136
Pumpkin, cooked	1 cup	<b>7</b>	20*	83
Romaine lettuce	1 cup	<b>1</b>	2	8
Spinach, cooked	1 cup	<b>4</b>	7	41
Spinach, raw	1 cup	<b>1</b>	1	7
Sweet potato	1 cup	<b>8</b>	58*	250
Tomato sauce/puree	1 cup	<b>4</b>	18	78
Tomatoes, cooked	1 cup	<b>2</b>	10	43
Tomatoes, raw, chopped	1 cup	<b>2</b>	7	32
Turnip greens, cooked	1 cup	<b>5</b>	6	29
Winter squash, baked	1 cup	<b>9</b>	29	112
Zucchini with skin, cooked	1 cup	<b>2</b>	7	27

## Fruits

Apple, Red	1 medium	<b>3</b>	19	72
Apricots	3 whole	<b>2</b>	12	50
Avocado	1/4 average	<b>6</b>	8	144
Banana	1 medium	<b>3</b>	27	105
Blackberries	1 cup	<b>8</b>	14	62
Blueberries	1 cup	<b>4</b>	21	83
Cantaloupe	1 cup cubes	<b>1</b>	14	53
Grapefruit	1 large fruit	<b>2</b>	13	53
Grapes	1 cup	<b>1</b>	27	104
Honeydew	1 cup cubes	<b>1</b>	16	64
Kiwi	1 large	<b>3</b>	13	56
Mango	1/2 large	<b>2</b>	18	67

Nectarine	1 large	<b>3</b>	16	69
Orange	1 large	<b>4</b>	22	86
Papaya	½ large	<b>3</b>	19	74
Peach	1 large	<b>2</b>	15	61
Pear	1 medium	<b>5</b>	26	96
Pineapple	1 cup, diced	<b>2</b>	22	83
Plums	2 small	<b>2</b>	15	61
Prunes	3 whole	<b>2</b>	16	60
Raspberries	1 cup	<b>8</b>	15	64
Strawberries	1 cup, sliced	<b>3</b>	13	53
<b>Food Item</b>	<b>Portion</b>	<b>Fiber (gm)</b>	<b>Carb (gm)</b>	<b>Calories</b>
Tangerine	1 medium	<b>2</b>	12	47
Watermelon	1 cup balls	<b>1</b>	<b>12</b>	46

### Grains/Legumes/Seeds

Barley (cooked)	1 cup	<b>6</b>	44	194
Blueberry Muffin	1 small	<b>2</b>	32	183
Bran flakes	1 cup dry	<b>7</b>	32	128
Bran Muffin	1 small	<b>3</b>	32	178
Brown Rice (cooked)	1 cup	<b>4</b>	45	216
Cheerios®	1 cup dry	<b>3</b>	20	100
Corn flakes	1 cup dry	<b>1</b>	24	101
Corn tortilla	1 medium	<b>2</b>	11	52
Fiber One® Chewy Bar	1 Bar	<b>9</b>	28	150
Grits (cooked)	1 cup	<b>1</b>	31	143
Kashi® GoLean Cereal	1 cup dry	<b>10</b>	30	140
Legumes: cooked				
Beans, average of all	½ cup	<b>7</b>	21	128
Lentils	½ cup	<b>8</b>	20	115
Peanuts, raw	¼ cup	<b>3</b>	6	207
Peas, split	½ cup	<b>8</b>	21	116
Soy beans	½ cup	<b>5</b>	9	149
Oatmeal (cooked)	1 cup	<b>4</b>	25	147

Pasta (cooked)	1 cup	<b>2</b>	36	182
Popcorn, air popped (cooked)	1 cup	<b>1</b>	6	31
Quinoa (cooked)	½ cup	<b>2</b>	24	127
Rye crisp crackers	5	<b>2</b>	9	44
Seeds:				
Flax seeds	3 Tbsps.	<b>7</b>	9	140
Sunflower seeds	¼ cup	<b>3</b>	7	165
Shredded wheat	2 biscuits	<b>6</b>	36	155
Wild rice (cooked)	1 cup	<b>3</b>	35	166
Wheat tortilla	6"	<b>3</b>	24	145
Whole grain bagel	½ medium	<b>3</b>	35	185
Whole wheat bread	1 slice	<b>3</b>	20	110
Whole wheat crackers	5	<b>1</b>	11	70
Whole wheat English muffin	1	<b>4</b>	27	134
Whole wheat pasta (cooked)	1 cup	<b>4</b>	37	174
Whole wheat pita	1 large	<b>5</b>	35	170