



### Fiber in Foods

<b>Fruits</b>	<b>Serving size</b>	<b>Total fiber (grams)*</b>
Raspberries	1 cup	8.0
Pear	1 medium	5.5
Apple, with skin	1 medium	4.5
Banana	1 medium	3.0
Orange	1 medium	3.0
Strawberries	1 cup	3.0
<b>Vegetables</b>	<b>Serving size</b>	<b>Total fiber (grams)*</b>
Green peas, boiled	1 cup	9.0
Broccoli, boiled	1 cup chopped	5.0
Turnip greens, boiled	1 cup	5.0
Brussels sprouts, boiled	1 cup	4.0
Potato, with skin, baked	1 medium	4.0
Sweet corn, boiled	1 cup	3.5
Cauliflower, raw	1 cup chopped	2.0
Carrot, raw	1 medium	1.5
<b>Grains</b>	<b>Serving size</b>	<b>Total fiber (grams)*</b>
Spaghetti, whole-wheat, cooked	1 cup	6.0
Barley, pearled, cooked	1 cup	6.0
Bran flakes	$\frac{3}{4}$ cup	5.5
Quinoa, cooked	1 cup	5.0
Oat bran muffin	1 medium	5.0
Oatmeal, instant, cooked	1 cup	5.0

Popcorn, air-popped	3 cups	3.5
Brown rice, cooked	1 cup	3.5
Bread, whole-wheat	1 slice	2.0
Bread, rye	1 slice	2.0
<b>Legumes, nuts and seeds</b>	<b>Serving size</b>	<b>Total fiber (grams)*</b>
Split peas, boiled	1 cup	16.0
Lentils, boiled	1 cup	15.5
Black beans, boiled	1 cup	15.0
Baked beans, canned	1 cup	10.0
Chia seeds	1 ounce	10.0
Almonds	1 ounce (23 nuts)	3.5
Pistachios	1 ounce (49 nuts)	3.0
Sunflower kernels	1 ounce	3.0

\*Rounded to nearest 0.5 gram

Source: USDA National Nutrient Database for Standard Reference, Legacy Release updated 7/19