

Highest Fiber Food Chart

The Geriatric Dietitian

FRUITS



	Serving Size	Fiber (grams)
Raspberries	1 cup	8.0
Pear	1 medium pear	5.5
Avocado	1/2 cup	5.0
Blueberries, wild	1 cup	6.2
Apple with skin	1 large (3 1/4-in diameter)	5.4
Figs, dried	1/4 cup	3.7
Prunes, dried	1/4 cup	3.1
Orange	1 fruit (2 7/8-in diameter)	3.1
Banana	1 large (8-in long)	3.5
Strawberries, raw	1 cup, sliced	3.0

VEGETABLES

	Serving Size	Fiber (grams)
Artichoke, cooked	1 cup	9.6
Green peas, cooked	1 cup	8.8
Pumpkin, canned	1 cup	7.1
Brussel sprouts, cooked	1 cup	6.4
Sweet potato, cooked	1 cup	6.3
Broccoli, cooked	1 cup	5.2
Cauliflower, cooked	1 cup	4.9
Spinach, cooked	1 cup	4.3
Carrots, raw	1 cup	3.6



BEANS

	Serving Size	Fiber (grams)
Navy beans, cooked	1/2 cup	9.6
Small white beans, cooked	1/2 cup	9.3
Yellow beans, cooked	1/2 cup	9.2
Lima beans, cooked	1 cup	9.2
Peas, split, cooked	1/2 cup	8.1
Lentils, cooked	1/2 cup	7.8
Pinto beans, cooked	1/2 cup	7.7
Chickpeas, cooked	1/2 cup	6.3
Kidney beans, canned	1/2 cup	5.5

CEREALS

	Serving Size	Fiber (grams)
Fiber One, General Mills	1/2 cup	13.0
Bran Buds, Kellogg's	1/3 cup	12.0
All-Bran, Kellogg's	1/2 cup	10.0
Raisin Bran, Kellogg's	3/4 cup	8.2
Instant Oatmeal	1 pack	3.0
Cheerios	1 cup	3.0



GRAINS

	Serving Size	Fiber (grams)
Bulgur, cooked	1/4 cup	2.1
Popcorn	1 cup	1.9
Barley, pearled, cooked	1/4 cup	1.5
Crackers, whole wheat	1/2 ounce	1.5
Tortillas, whole wheat	1/2 ounce	1.4



SEEDS AND NUTS

	Serving Size	Fiber (grams)
Pumpkin seeds, whole	1/2 ounce	2.6
Coconut	1/2 ounce	2.3
Almonds	1/2 ounce	1.8
Sunflower seeds	1/2 ounce	1.6
Chia seeds	1 teaspoon	1.4
Flax seeds	1 teaspoon	0.9



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