

Whole Grains

Oatmeal,
cooked
1 cup
4.2 g fiber

Quinoa,
cooked
½ cup
2.2 g fiber

Popcorn, plain
3 cups
3.5 g fiber

Barley, cooked
½ cup
4.3 g fiber

Whole wheat
spaghetti,
cooked, ½ cup
2.7 g fiber

Fruits

Avocado
½ fruit
4.6 g fiber

Apple
(with skin)
1 medium
4.4 g fiber

Pear
(w skin)
1 medium
5.6 g fiber

Raspberries
1 cup
8.0 g fiber

Banana
1 medium
3.1 g fiber

Vegetables

Spinach, raw
2 cups
1.3 g fiber

Cubed Sweet
Potatoes
(raw) 1 cup
4.0 g fiber

Broccoli,
cooked
1 cup
5.2 g fiber

Green peas
1/2 cup
3.6 g fiber

Butternut
squash, raw
1 cup cubed
3.9 g fiber

Beans/Legumes

Chickpeas
½ cup
5.2 g fiber

Lima beans
½ cup
4.5 g fiber

Black beans
½ cup
9 g fiber

Soybean
½ cup
5.1 g fiber

Kidney bean
½ cup
4.9g fiber

Nuts & Seeds

Flaxseed
1 tbsp.
2.9 g fiber

Chia seeds
1 tbsp.
3.4 g fiber

Almonds,
whole
¼ cup
(23 nuts)
3.8 g fiber

Walnuts
¼ cup
2.0 g fiber

Peanut butter
(chunky)
1 tbsp.
1.0 g fiber

Whole Grains

Oatmeal,
cooked
234g
4.2 g fiber

Quinoa,
cooked
194g
2.2 g fiber

Popcorn, plain
93g
3.5 g fiber

Barley, cooked
24g
4.3 g fiber

Whole wheat
spaghetti,
cooked, 78g
2.7 g fiber

Fruits

Avocado
½ fruit (68g)
4.6 g fiber

Apple
(with skin)
1 medium
(182g)
4.4 g fiber

Pear
(w skin)
1 medium
(178g)
5.6 g fiber

Raspberries
1 cup
(123g)
8.0 g fiber

Banana
1 medium
(118g)
3.1 g fiber

Vegetables

Spinach, raw
60g
1.3 g fiber

Cubed Sweet
Potatoes
(raw) 133g
4.0 g fiber

Broccoli,
cooked
156g
5.2 g fiber

Green peas
123g
3.6 g fiber

Butternut
squash, raw,
cubed
118g
3.9 g fiber

Beans/Legumes

Chickpeas
85g
5.2 g fiber

Lima beans
85g
4.5 g fiber

Black beans
85g
9 g fiber

Soybean
85g
5.1 g fiber

Kidney bean
85g
4.9g fiber

Nuts & Seeds

Flaxseed
10g
2.9 g fiber

Chia seeds
10g
3.4 g fiber

Almonds,
whole
35g
(23 nuts)
3.8 g fiber

Walnuts
¼ cup
30g
2.0 g fiber

Peanut butter
(chunky)
16g
1.0 g fiber