

High-Fiber Foods



Looking to add more fiber to your diet? Fiber moves quickly and relatively easily through your digestive tract and helps it function properly. A high-fiber diet may also help reduce the risk of heart disease and diabetes. Here's a look at the fiber content of some common foods. Read nutrition labels to find out exactly how much fiber is in your favorite foods. Recommended fiber intake for women is 21 to 25 grams a day and for men is 30 to 38 grams a day.

Fruits	Serving size	Total fiber (grams)
Pear	1 medium	5.1
Figs, dried	2 medium	3.7
Blueberries	1 cup	3.5
Apple, with skin	1 medium	3.3
Strawberries	1 cup	3.3
Peaches, dried	3 halves	3.2
Orange	1 medium	3.1
Apricots, dried	10 halves	2.6
Raisins	1.5-ounce box	1.6
Grains, cereal & pasta	Serving size	Total fiber (grams)
Spaghetti, whole-wheat	1 cup	6.3
Bran flakes	3/4 cup	5.1
Oatmeal	1 cup	4.0
Bread, rye	1 slice	1.9
Bread, whole-wheat	1 slice	1.9
Bread, mixed-grain	1 slice	1.7
Bread, cracked-wheat	1 slice	1.4

Legumes, nuts & seeds	Serving size	Total fiber (grams)
Lentils	1 cup	15.6
Black beans	1 cup	15.0
Lima beans	1 cup	13.2
Baked beans, canned	1 cup	10.4
Almonds	24 nuts	3.3
Pistachio nuts	47 nuts	2.9
Peanuts	28 nuts	2.3
Cashews	18 nuts	0.9
Vegetables	Serving size	Total fiber (grams)
Peas	1 cup	8.8
Artichoke, cooked	1 medium	6.5
Brussels sprouts	1 cup	6.4
Turnip greens, boiled	1 cup	5.0
Potato, baked with skin	1 medium	4.4
Corn	1 cup	4.2
Popcorn, air-popped	3 cups	3.6
Tomato paste	1/4 cup	3.0
Carrot	1 medium	2.0