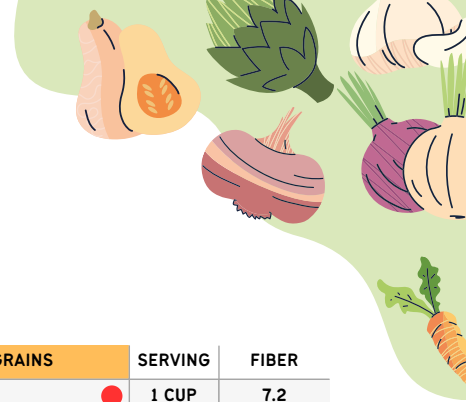


# HIGH FIBER FOOD CHART

**HIGH FIBER: 5G OR MORE PER SERVING**



VEGETABLES	SERVING	FIBER
PUMPKIN	1 CUP	10
ARTICHOKE	1 CUP	9.6
GREEN PEA	1 CUP	8
TARO ROOT	1 CUP	6.7
PARSNIPS	1 CUP	6.2
WINTER SQUASH	1 CUP	6
JICAMA	1 CUP	6
YAM	1 CUP	5.3
POTATO, BAKED W/ SKIN	1	5
TURNIP GREENS	1 CUP	5
KOHLRABI	1 CUP	4.9
COLLARD GREENS	1 CUP	4.8
KALE	1 CUP	4.7
BROCCOLI	1 CUP	4.6
SNOW PEAS	1 CUP	4.5
SPINACH	1 CUP	4.4
CABBAGE	1 CUP	4.1
OKRA	1 CUP	4
BRUSSELS SPROUTS	1 CUP	4
CORN	1 CUP	4
SWISS CHARD	1 CUP	3.7
CAULIFLOWER	1 CUP	3.4
SWEET POTATO	1	3
ASPARAGUS	1 CUP	2.8
BEETS	1 CUP	2.8
CARROT	1	2
POTATO, BOILED	1	2
EGGPLANT	1 CUP	2
ONIONS	1 CUP	2
CELERY	1 CUP	2
LETTUCE	1 CUP	1
CUCUMBER	1 CUP	1
TOMATO	1	1
MUSHROOMS	1 CUP	0.8

FRUIT	SERVING	FIBER
PRUNES	1 CUP	12.4
PASSIONFRUIT	1 CUP	12.2
DURIAN	1 CUP	9.2
GUAVA	1 CUP	8.9
RASPBERRIES	1 CUP	8.4
BLACKBERRIES	1 CUP	7.6
DRIED FIGS	1 CUP	7.4
GOOSEBERRIES	1 CUP	6.5
PERSIMMON	1	6
RAISINS	1 CUP	6
AVOCADO	1	5.2

FRUIT	SERVING	FIBER
PEAR	1	4
BLUEBERRIES	1 CUP	4
APPLE W/ SKIN	1	3.7
STARFRUIT	1 CUP	3.7
STRAWBERRIES	1 CUP	3.4
APRICOTS	1 CUP	3.1
ORANGE	1	3
BANANA	1	2.7
GRAPEFRUIT	1	2.6
APPLE W/O SKIN	1	2.4
NECTARINE	1	2.2
PINEAPPLE	1 CUP	2.0
TANGERINE	1	2.0
PEACH	1	1.7
CANTALOUPE	1 CUP	1.3
CHERRIES	1 CUP	1.3
GRAPES	1 CUP	1.2
KIWI	1	1.1
HONEYDEW MELON	1 CUP	1
PLUM	1	1
MANGO	1	1
WATERMELON	1 CUP	0.8

LEGUMES	SERVING	FIBER
NAVY BEANS	1/2 CUP	9.6
ADZUKI BEANS	1/2 CUP	8.4
FRENCH BEANS	1/2 CUP	8.3
SPLIT PEAS	1/2 CUP	8
MUNG BEANS	1/2 CUP	7.8
LENTILS	1/2 CUP	7.7
BLACK BEANS	1/2 CUP	7.5
PINTO BEANS	1/2 CUP	7.4
BAKED BEANS	1/2 CUP	7
LIMA BEANS	1/2 CUP	6.6
CHICKPEAS	1/2 CUP	6.3
GREAT NORTHERN BEANS	1/2 CUP	6
KIDNEY BEANS	1/2 CUP	5.7
WHITE BEANS	1/2 CUP	5.7
SOY BEANS	1/2 CUP	5.2
EDAMAME	1/2 CUP	4.1
FAVA BEANS	1/2 CUP	2.4
GREEN BEANS	1/2 CUP	2

GRAINS	SERVING	FIBER
BULGAR	1 CUP	8.2
SPELT	1 CUP	7.6
BRAN FLAKES	1 CUP	7.3

GRAINS	SERVING	FIBER
TEFF	1 CUP	7.2
SPAGHETTI, WHOLE WHEAT	1 CUP	6.3
BARLEY	1 CUP	6
OAT BRAN	1 CUP	5.8
QUINOA	1 CUP	5
OAT BRAN MUFFIN	1	5
PITA, WHOLE WHEAT	1	5
MACARONI, WHOLE WHEAT	1 CUP	4
ELBOW MACARONI, GOLDEN GRAIN	1 CUP	4
INSTANT OATMEAL	1 CUP	4
BROWN RICE	1 CUP	3.5
BREAD, WHOLE WHEAT	1 SLICE	2
BREAD, RYE	1 SLICE	2
BREAD, WHOLE MEAL	1 SLICE	1.8
BAGEL	1	1.5
ENGLISH MUFFIN	1	1.5
BREAD, MULTI GRAIN	1 SLICE	1.5
PANCAKES	1	1
WHITE PITA BREAD	1	1
WHITE BREAD	1 SLICE	1
FRENCH BREAD	1 SLICE	0.5

NUTS & SEEDS	SERVING	FIBER
CHIA SEEDS	1 OZ	10
FLAXSEED	1 OZ	7.8
ALMONDS	1 OZ	3.5
PISTACHIOS	1 OZ	3
SUNFLOWER SEEDS	1 OZ	3
PINE NUTS	1 OZ	3
HAZELNUTS	1 OZ	2.8
WALNUT	1 OZ	1.9
CASHEW	1 OZ	0.9

MISCELLANEOUS	SERVING	FIBER
CINNAMON	1 TBSP	4
APPLE SAUCE	1 CUP	4
POTATO SALAD	1 CUP	3.2
FRUIT SALAD	1 CUP	2.6
COLESLAW	1 CUP	2
CACAO POWDER	1 TBSP	2
FRUIT CAKE, WHOLE MEAL	1 SLICE	1.7
AIR-POPPED POPCORN	1 CUP	1.2
CEREAL BAR	1	1
OAT BASED BISCUIT	1	0.5
CRACKER, WHOLE MEAL	1	0.4