

High-Fiber Foods (My Mayo Clinic Staff)

Looking to add more fiber to your diet? Fiber-along with adequate fluid intake-moves quickly and relatively easy 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. Women should try to eat at least 21 to 25 grams per day, while men should aim for 30-38 grams a day.

<u>FRUITS</u>	<u>SERVING SIZE</u>	<u>TOTAL FIBER GRAMS*</u>
Raspberries	1 cup	8.0
Pear, with skin	1 medium	5.5
Apple, with skin	1 medium	4.4
Strawberries, halves	1 ¼ cup	3.8
Banana	1 medium	3.1
Orange	1 medium	3.1
Figs, dried	2 medium	1.6
Raisins	2 tablespoons	1.0
<u>GRAINS, CEREAL & PASTA</u>	<u>SERVING SIZE</u>	<u>TOTAL FIBER GRAMS*</u>
Spaghetti, whole-wheat, cooked	1 cup	6.2
Barley, pearled, cooked	1 cup	6.0
Bran flakes	¾ cup	5.3
Oat bran muffin	1 medium	5.2
Oatmeal, quick, reg., instant-cooked	1 cup	4.0
Popcorn, air-popped	3 cups	3.5
Bread, rye	1 slice	1.9
Bread, whole wheat/multigrain	1 slice	1.9

<u>LEGUMES, NUTS & SEEDS</u>	<u>SERVING SIZE</u>	<u>TOTAL FIBER GRAMS*</u>
Split peas, cooked	1 cup	16.3
Lentils, cooked	1 cup	15.6
Black beans, cooked	1 cup	15.0
Lima beans, cooked	1 cup	13.2
Baked beans, vegetarian, canned	1 cup	10.4
Sunflower seed kernels	¼ cup	3.9
Almonds	1 ounce (23 nuts)	3.5
Pistachio nut	1 ounce (49 nuts)	2.9
Pecans	1 ounce (19 halves)	2.7
<u>VEGETABLES</u>	<u>SERVING SIZE</u>	<u>TOTAL FIBER GRAMS*</u>
Artichoke, cooked	1 medium	10.3
Peas, cooked	1 cup	8.8
Broccoli, boiled	1 cup	5.1
Turnip greens, boiled	1 cup	5.0
Sweet corn, cooked	1 cup	4.2
Brussels sprouts, cooked	1 cup	4.1
Potato, with skin, baked	1 medium	2.9
Tomato paste	¼ cup	2.7
Carrot, raw	1 medium	1.7

*Fiber content can vary between brands

Source: US Department of Agriculture, National Nutrient Database for Standard Reference, 2009