

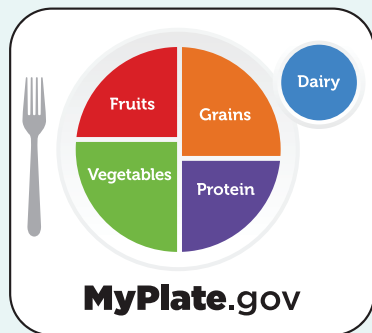
Food Sources of Fiber

Getting enough fiber is important for overall health, including heart and digestive health. Eating a variety of nutrient-dense foods from all food groups can help you meet your needs.



Did you know that you can get fiber from many different food groups?

Here are a few examples:



Popcorn, high-fiber or whole-wheat cereal, bulgur, teff, or whole-wheat tortillas



Vegetables such as artichokes, navy beans, lentils, green beans, and jicama



Fruit such as durian, guava, raspberries, pears, oranges, and bananas



Seeds such as wocas, pumpkin, and chia, and nuts such as almonds, chestnuts, and pine nuts

Looking for more sources of fiber to enjoy?

Use this list to identify foods that fit your culture and lifestyle. By making shifts toward a healthy eating routine, you can meet your food group and fiber needs.

Nutrient-dense Food and Beverage Sources of Fiber

FOOD	STANDARD PORTION	FIBER (g)	PLAN TO TRY	MY FAVORITES
Grains				
Ready-to-eat cereal, high fiber, unsweetened (e.g., bran)	1/2 cup	14.0		
Ready-to-eat cereal, whole grain kernels	1/2 cup	7.5		
Ready-to-eat cereal, wheat, shredded	1 cup	6.2		
Popcorn	3 cups	5.8		
Ready-to-eat cereal, bran flakes	3/4 cup	5.5		
Bulgar, cooked	1/2 cup	4.1		
Spelt, cooked	1/2 cup	3.8		
Teff, cooked	1/2 cup	3.6		
Barley, pearled, cooked	1/2 cup	3.0		
Ready-to-eat cereal, toasted oat	1 cup	3.0		
Oat bran	1/2 cup	2.9		

FOOD	STANDARD PORTION	FIBER (g)	PLAN TO TRY	MY FAVORITES
Grains				
Crackers, whole wheat	1 ounce	2.9		
Chapati or roti, whole wheat	1 ounce	2.8		
Tortillas, whole wheat	1 ounce	2.8		
Vegetables				
Lima beans (white), cooked*	1 cup	13.2		
Artichoke, cooked	1 cup	9.6		
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		
Green peas, cooked	1 cup	8.8		
Adzuki beans, cooked*	1/2 cup	8.4		
French beans, cooked*	1/2 cup	8.3		
Split peas, cooked*	1/2 cup	8.2		
Breadfruit, cooked	1 cup	8.0		
Lentils, cooked*	1/2 cup	7.8		
Lupini beans, cooked*	1/2 cup	7.8		
Mung beans, cooked*	1/2 cup	7.7		
Black turtle beans, cooked*	1/2 cup	7.7		
Pinto beans, cooked*	1/2 cup	7.7		
Cranberry (roman) beans, cooked*	1/2 cup	7.6		
Black beans, cooked*	1/2 cup	7.5		
Fufu, cooked	1 cup	7.4		
Pumpkin, canned	1 cup	7.1		
Taro root (dasheen or yautia), cooked	1 cup	6.7		
Brussels sprouts, cooked	1 cup	6.4		
Chickpeas (garbanzo beans), cooked*	1/2 cup	6.3		
Sweet potato, cooked	1 cup	6.3		
Great northern beans, cooked*	1/2 cup	6.2		
Parsnips, cooked	1 cup	6.2		
Nettles, cooked	1 cup	6.1		
Jicama, raw	1 cup	5.9		
Winter squash, cooked	1 cup	5.7		
Pigeon peas, cooked*	1/2 cup	5.7		
Kidney beans, cooked*	1/2 cup	5.7		
White beans, cooked*	1/2 cup	5.7		
Black-eyed peas, dried and cooked*	1/2 cup	5.6		
Cowpeas, dried and cooked*	1/2 cup	5.6		
Yam, cooked	1 cup	5.3		

FOOD	STANDARD PORTION ^d	FIBER (g)	PLAN TO TRY	MY FAVORITES
Vegetables				
Broccoli, cooked	1 cup	5.2		
Tree fern, cooked	1 cup	5.2		
Luffa gourd, cooked	1 cup	5.2		
Soybeans, cooked*	1/2 cup	5.2		
Turnip greens, cooked	1 cup	5.0		
Drumstick pods (moringa), cooked	1 cup	5.0		
Avocado	1 cup	5.0		
Cauliflower, cooked	1 cup	4.9		
Kohlrabi, raw	1 cup	4.9		
Carrots, cooked	1 cup	4.8		
Collard greens, cooked	1 cup	4.8		
Kale, cooked	1 cup	4.7		
Fava beans, cooked*	1/2 cup	4.6		
Chayote (mirliton), cooked	1 cup	4.5		
Snow peas, cooked	1 cup	4.5		
Pink beans, cooked*	1/2 cup	4.5		
Spinach, cooked	1 cup	4.3		
Escarole, cooked	1 cup	4.2		
Beet greens, cooked	1 cup	4.2		
Salsify, cooked	1 cup	4.2		
Cabbage, savoy, cooked	1 cup	4.1		
Cabbage, red, cooked	1 cup	4.1		
Wax beans, snap, cooked	1 cup	4.1		
Edamame, cooked*	1/2 cup	4.1		
Okra, cooked	1 cup	4.0		
Green beans, snap, cooked	1 cup	4.0		
Hominy, canned	1 cup	4.0		
Corn, cooked	1 cup	4.0		
Potato, baked, with skin	1 medium	3.9		
Lambsquarters, cooked	1 cup	3.8		
Lotus root, cooked	1 cup	3.8		
Swiss chard, cooked	1 cup	3.7		
Mustard spinach, cooked	1 cup	3.6		
Carrots, raw	1 cup	3.6		
Hearts of palm, canned	1 cup	3.5		
Mushrooms, cooked	1 cup	3.4		
Bamboo shoots, raw	1 cup	3.3		
Yardlong beans, cooked*	1/2 cup	3.3		

FOOD	STANDARD PORTION	FIBER (g)	PLAN TO TRY	MY FAVORITES
Vegetables				
Turnip, cooked	1 cup	3.1		
Red bell pepper, raw	1 cup	3.1		
Rutabaga, cooked	1 cup	3.1		
Plantains, cooked	1 cup	3.1		
Nopales, cooked	1 cup	3.0		
Dandelion greens, cooked	1 cup	3.0		
Cassava (yuca), cooked	1 cup	3.0		
Asparagus, cooked	1 cup	2.9		
Taro leaves, cooked	1 cup	2.9		
Onions, cooked	1 cup	2.9		
Cabbage, cooked	1 cup	2.8		
Mustard greens, cooked	1 cup	2.8		
Beets, cooked	1 cup	2.8		
Celeriac, raw	1 cup	2.8		
Fruits				
Sapote or Sapodilla	1 cup	9.5		
Guava	1 cup	8.9		
Nance	1 cup	8.4		
Raspberries	1 cup	8.0		
Loganberries	1 cup	7.8		
Blackberries	1 cup	7.6		
Soursop	1 cup	7.4		
Boysenberries	1 cup	7.0		
Gooseberries	1 cup	6.5		
Pear, Asian	1 medium	6.5		
Blueberries, wild	1 cup	6.2		
Passion fruit	1/4 cup	6.1		
Persimmon	1 fruit	6.0		
Pear	1 medium	5.5		
Kiwifruit	1 cup	5.4		
Grapefruit	1 fruit	5.0		
Apple, with skin	1 medium	4.8		
Cherimoya	1 cup	4.8		
Durian	1/2 cup	4.6		
Starfruit	1 cup	3.7		
Orange	1 medium	3.7		
Figs, dried	1/4 cup	3.7		
Blueberries	1 cup	3.6		

FOOD	STANDARD PORTION	FIBER (g)	PLAN TO TRY	MY FAVORITES
Fruits				
Pomegranate seeds	1/2 cup	3.5		
Mandarin orange	1/2 cup	3.5		
Tangerine (tangelo)	1 cup	3.5		
Pears, dried	1 cup	3.4		
Peaches, dried	1/4 cup	3.3		
Banana	1 medium	3.2		
Apricots	1 cup	3.1		
Prunes or dried plum	1/4 cup	3.1		
Strawberries	1 cup	3.0		
Dates	1/4 cup	3.0		
Blueberries, dried	1/4 cup	3.0		
Cherries	1 cup	2.9		
Protein Foods				
Wocas, yellow pond lily seeds	1 ounce	5.4		
Pumpkin seeds, whole	1 ounce	5.2		
Chia seeds	1 tablespoon	4.1		
Almonds	1 ounce	3.5		
Chestnuts	1 ounce	3.3		
Sunflower seeds	1 ounce	3.1		
Pine nuts	1 ounce	3.0		
Pistachio nuts	1 ounce	2.9		
Flax seeds	1 tablespoon	2.8		
Hazelnuts (filberts)	1 ounce	2.8		
Other Sources				
Coconut	1 ounce	4.6		

Notes:

* Beans, peas, and lentils are listed under Vegetables and can also be included in the Protein Foods groups.

All foods listed are assumed to be in nutrient-dense forms: lean or low-fat and prepared with minimal or no added sugars, saturated fat, and sodium.

Some fortified foods and beverages are included. Other fortified options may exist on the market, but not all fortified foods are nutrient-dense.

For example, some foods with added sugars may be fortified and would not be examples in the lists provided here.

Some foods or beverages are not appropriate for all ages, particularly young children for whom some foods could be a choking hazard.

This list includes "standard" portions, which provide at least 2.8 grams dietary fiber. Portions listed are not necessarily recommended serving sizes.

Data Source: U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. fdc.nal.usda.gov.

Want to learn more about what and how much to eat?
 The **MyPlate Plan** can help you find your personalized food group goals.
 To get started, visit <https://www.myplate.gov/myplate-plan>.

