



NUTRITION HIGH-FIBER FOODS

KK1 Holistic Nutrition Coach www.KK1.LLC

FOOD	AMOUNT	FIBER (g)
FRUIT		
Avocado	1 medium	13.5
Guava	1 cup	9.0
Raspberries	1 cup	8.0
Blackberries	1 cup	7.6
Asian pear	1 medium	6.5
Wild blueberries	1 cup	6.2
Passionfruit	1/4 cup	6.1
Persimmon	1 fruit	6.0
Pear	1 medium	5.5
Kiwi	1 cup	5.4
Grapefruit	1 fruit	5.0
Apple, with skin	1 medium	4.8
Starfruit	1 cup	3.7
Orange	1 medium	3.7
Dried figs	1/4 cup	3.7
Blueberries	1 cup	3.6
Pomegranate seeds	1/2 cup	3.5
Mandarin orange	1 cup	3.5
Tangerine	1 cup	3.5
Banana	1 medium	3.2
Apricots	1 cup	3.1
Prune/ dried plums	1/4 cup	3.1
Strawberries	1 cup	3.0
Dates	1/4 cup	3.0
Cherries	1 cup	2.9
Mango	1 cup	2.6
Pineapple	1 cup	2.3
VEGETABLES		
Green peas	1 cup	8.8
Pumpkin, pureed	1 cup	7.0
Taro root, cooked	1 cup	6.8
Sweet potato, cooked	1 cup	6.4
Winter squash, cooked	1 cup	5.8
Jicama	1 cup	5.8
Yam, cooked	1 cup	5.4
Broccoli, cooked	1 cup	5.2
Cauliflower, cooked	1 cup	5.0
Turnip greens, boiled	1 cup	5.0
Carrots, cooked	1 cup	4.8
Snow peas	1 cup	4.6
Brussels sprouts, cooked	1 cup	4.0
Potato with skin, baked	1 medium	4.0
Carrots, raw	1 cup	3.6

FOOD	AMOUNT	FIBER (g)
Sweet corn, boiled	1 cup	3.5
Red bell pepper, raw	1 cup	3.2
Beets, cooked	1 cup	2.8
Tomato, raw	1 medium	1.0
Spinach, raw	1 cup	0.7
GRAINS		
Spaghetti, whole-wheat, cooked	1 cup	6.0
Barley, pearled, cooked	1 cup	6.0
Bran flakes	3/4 cup	5.5
Quinoa, cooked	1 cup	5.0
Oat bran muffin	1 medium	5.0
Oatmeal, instant, cooked	1 cup	5.0
Popcorn, air-popped	3 cups	3.5
Brown rice, cooked	1 cup	3.5
Bread, whole-wheat	1 slice	2.0
Bread, rye	1 slice	2.0
White rice, cooked	1 cup	1.0
LEGUMES		
Navy beans, cooked	1/2 cup	9.6
Small white beans, cooked	1/2 cup	9.3
Split peas, cooked	1/2 cup	8.0
Lentils, cooked	1/2 cup	7.8
Black beans, cooked	1/2 cup	7.5
Chickpeas, cooked	1/2 cup	6.3
Green northern beans, cooked	1/2 cup	6.2
White beans, cooked	1/2 cup	5.7
Edamame	1/2 cup	4.1
FATS		
Pumpkin seeds	1 ounce	5.2
Coconut	1 ounce	4.6
Chia seeds	1 tbsp	4.1
Almonds	1 ounce	3.5
Sunflower seeds	1 ounce	3.1
Hemp hearts, hulled	1 ounce	3.0
Pine nuts	1 ounce	3.0
Pistachios	1 ounce	2.9
Flax seeds	1 tbsp	2.8
Hazelnuts	1 ounce	2.8
Pecans	1 ounce	2.7
Peanut butter	1 ounce	2.1
Walnuts	1 ounce	2.0
FLAVORINGS		
Cocoa powder	1 tbsp	2.0
Cinnamon	1 tsp	1.4