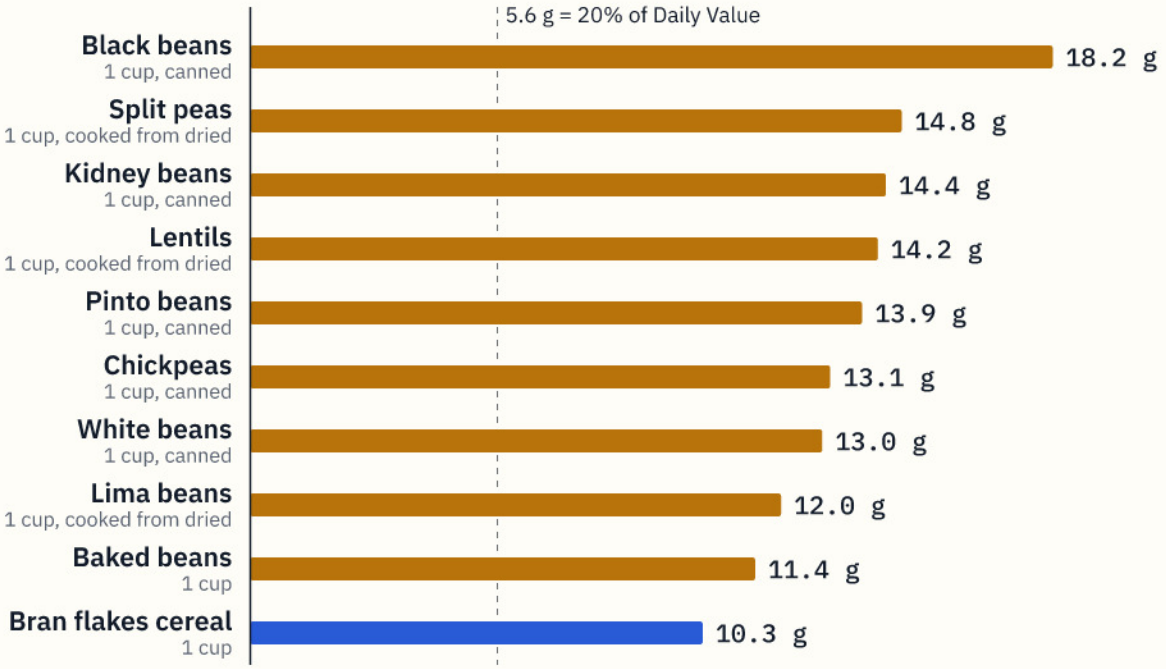
A PRINTABLE FIBER GUIDE

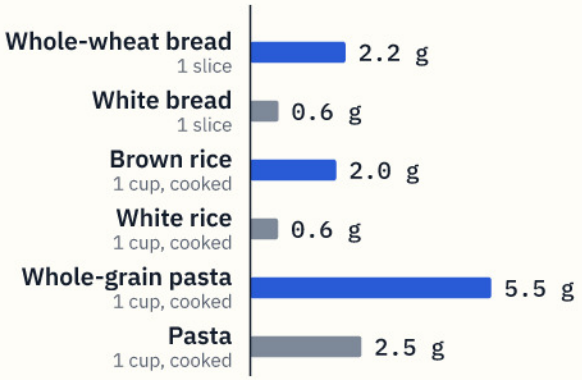
Fiber in 74 common foods

Grams of dietary fiber in a common serving. Beans, peas and lentils lead; whole grains here carry 2.2 to 3.4 times the fiber of refined ones; nuts and seeds are rich by weight but modest by the handful.

The ten highest per serving



Easy swaps: whole grain versus refined



The Daily Value (28 g) is a labeling reference for a 2,000-calorie diet. U.S. adults 20 and over averaged 16.3 g a day in 2021–2023. Values are USDA averages for foods as described; a product's own label is the best guide for that product. Not dietary advice.

Source: USDA, Food and Nutrient Database for Dietary Studies 2021–2023. Daily Value: FDA, 21 CFR 101.9. Average intake: What We Eat in America, 2021–2023.

A PRINTABLE FIBER GUIDE: EVERY FOOD

Beans and vegetables

FOOD	SERVING	PER SERVING	PER 100 G	PER 100 KCAL
Beans, peas and lentils				
Black beans	1 cup, canned	18.2 g	10.1 g	7.5 g
Split peas	1 cup, cooked from dried	14.8 g	8.2 g	7.0 g
Kidney beans	1 cup, canned	14.4 g	8.0 g	5.9 g
Lentils	1 cup, cooked from dried	14.2 g	7.9 g	6.9 g
Pinto beans	1 cup, canned	13.9 g	7.7 g	5.6 g
Chickpeas	1 cup, canned	13.1 g	7.3 g	5.0 g
White beans	1 cup, canned	13.0 g	7.2 g	4.3 g
Lima beans	1 cup, cooked from dried	12.0 g	6.5 g	3.9 g
Baked beans	1 cup	11.4 g	4.4 g	4.2 g
Refried beans	1 cup	9.6 g	3.7 g	4.1 g
Edamame	1 cup, shelled	8.0 g	5.0 g	3.6 g
Hummus	2 tablespoons	1.6 g	5.4 g	2.2 g
Vegetables				
Green peas	1 cup, cooked from frozen	7.2 g	4.5 g	5.8 g
Artichoke	1 artichoke	7.1 g	5.7 g	10.8 g
Canned pumpkin	1 cup	6.9 g	2.8 g	5.0 g
Baked potato with skin	1 medium potato	6.3 g	2.2 g	2.4 g
Winter squash	1 cup, cooked	6.3 g	2.8 g	7.6 g
Brussels sprouts	1 cup, cooked	6.0 g	3.9 g	8.7 g
Collard greens	1 cup, cooked	5.6 g	4.3 g	12.6 g
Okra	1 cup, cooked	5.4 g	3.4 g	9.7 g
Beets	1 cup, cooked	4.9 g	2.9 g	6.4 g
Sweet potato	1 medium, baked	4.7 g	3.1 g	3.8 g
Green beans	1 cup, cooked	4.3 g	3.1 g	7.4 g
Broccoli	1 cup, cooked	3.9 g	2.5 g	6.1 g
Spinach	1 cup, cooked	3.4 g	1.9 g	5.8 g
Cauliflower	1 cup, cooked	3.3 g	2.1 g	8.1 g
Corn	1 cup, cooked	3.3 g	2.0 g	2.3 g
Carrot	1 raw carrot	1.7 g	2.9 g	6.6 g
Tomato	1 raw tomato	1.5 g	1.2 g	6.0 g
Raw kale	1 cup, raw	1.0 g	4.1 g	9.5 g
Cucumber	1 cup, raw	0.6 g	0.5 g	3.1 g
Lettuce	1 cup, raw	0.5 g	1.3 g	6.5 g

Source: USDA, Food and Nutrient Database for Dietary Studies 2021–2023 (foods as eaten). Daily Value: FDA, 21 CFR 101.9.

A PRINTABLE FIBER GUIDE: EVERY FOOD

Fruit, nuts and seeds

FOOD	SERVING	PER SERVING	PER 100 G	PER 100 KCAL
Fruit				
Raspberries	1 cup	9.8 g	6.5 g	11.4 g
Blackberries	1 cup	8.0 g	5.3 g	12.3 g
Pear	1 pear	5.6 g	3.1 g	5.3 g
Avocado	½ avocado	5.0 g	6.7 g	4.2 g
Apple	1 medium apple	4.2 g	2.1 g	3.4 g
Blueberries	1 cup	3.6 g	2.4 g	3.8 g
Orange	1 orange	3.4 g	2.2 g	4.4 g
Prunes	5 prunes	2.8 g	7.1 g	3.0 g
Strawberries	1 cup	2.7 g	1.8 g	5.0 g
Mango	1 cup, sliced	2.6 g	1.6 g	2.7 g
Kiwi	1 kiwi	2.3 g	3.0 g	4.7 g
Banana	1 banana	2.1 g	1.7 g	1.8 g
Raisins	1 small box (1.5 oz)	1.9 g	4.5 g	1.5 g
Grapes	1 cup	1.4 g	0.9 g	1.1 g
Nuts and seeds				
Chia seeds	1 tablespoon	3.6 g	34.4 g	7.1 g
Sunflower seeds	1 oz, shelled	3.1 g	11.1 g	1.9 g
Almonds	1 oz (about 23 nuts)	3.0 g	10.6 g	1.7 g
Pistachios	1 oz, shelled	2.8 g	10.0 g	1.7 g
Flax seeds	1 tablespoon	2.4 g	23.1 g	4.2 g
Peanuts	1 oz, dry roasted	2.4 g	8.4 g	1.4 g
Pumpkin seeds	1 oz, shelled	1.8 g	6.5 g	1.1 g
Peanut butter	2 tablespoons	1.6 g	5.0 g	0.8 g
Pecans	1 oz	1.6 g	5.6 g	0.7 g
Walnuts	1 oz	1.5 g	5.2 g	0.7 g
Cashews	1 oz	0.8 g	2.9 g	0.5 g

Source: USDA, Food and Nutrient Database for Dietary Studies 2021–2023 (foods as eaten). Daily Value: FDA, 21 CFR 101.9.

A PRINTABLE FIBER GUIDE: EVERY FOOD

Grains and cereals

FOOD	SERVING	PER SERVING	PER 100 G	PER 100 KCAL
Grains and cereals				
Bran flakes cereal	1 cup	10.3 g	20.5 g	5.7 g
Barley	1 cup, cooked	6.3 g	3.7 g	2.7 g
Bulgur	1 cup, cooked	6.3 g	4.5 g	5.4 g
Shredded wheat cereal	1 cup	5.9 g	13.0 g	3.6 g
Whole-grain pasta	1 cup, cooked	5.5 g	3.9 g	2.6 g
Quinoa	1 cup, cooked	4.8 g	2.8 g	2.3 g
Whole-wheat tortilla	1 medium tortilla	4.4 g	9.8 g	3.2 g
Whole-wheat bagel	1 bagel	4.3 g	4.1 g	1.6 g
Oatmeal	1 cup, cooked with water	4.1 g	1.7 g	2.7 g
Air-popped popcorn	3 cups, popped	3.5 g	14.4 g	3.7 g
Pasta	1 cup, cooked	2.5 g	1.8 g	1.1 g
Whole-wheat bread	1 slice	2.2 g	6.0 g	2.4 g
Brown rice	1 cup, cooked	2.0 g	1.0 g	0.8 g
Corn tortilla	1 medium tortilla	1.8 g	6.3 g	2.9 g
Corn flakes cereal	1 cup	1.1 g	3.5 g	1.0 g
White bread	1 slice	0.6 g	2.3 g	0.9 g
White rice	1 cup, cooked	0.6 g	0.4 g	0.3 g

Source: USDA, Food and Nutrient Database for Dietary Studies 2021–2023 (foods as eaten). Daily Value: FDA, 21 CFR 101.9.