

Food	Portion	Grams of Fiber
Bran Cereals	½ c	Up to 13.5
Baked Beans	½ c	8.3
Apple	Medium	4
Cooked Broccoli	½	4
Coconut Dried or fresh	1 Tablespoon	3.4
Cooked Spinach	½ c	5.7
Blackberries	½ c	5.3
Almonds	¼ c	5.1
Kidney Beans	½ c	4.5
Cabbage	½ c	4.3
Cooked peas	½	4.2
White beans	½ c	4.2
Banana	Medium	4.
Corn	½ c	3.9
Potato	Medium boiled	4
Baked Potato with skin	Medium	5
Pear	Medium	3.8
Lentils	½ c	3.7
Lima Beans	½ c	3.5
Sweet Potato	Medium	3.5
Peanuts	¼ c	2.9
Brown Rice	¼ c	2.8
Cornflakes	1 c	2.8
Orange	Medium	2.6
Raisins	¼ c	2.5
Brussels Sprouts	4	2.4
Peanut Butter	2 Tablespoons	2.4
Whole Wheat Bread	1 Slice	2.4
Apricots	3 medium	2.3
Carrots raw	1 medium	2.3
Beets	½ c	2.1
Peaches	1 medium	2.1
Zucchini raw	½ c	2.
String Beans raw	½ c	1.9
Puffed Wheat	1 c	1.8
Tomato raw	1 medium	1.8
Cooked onions	½ c	1.6
Strawberries	½ c	1.6
Walnuts chopped	¼ c	1.6
Asparagus chopped	½ c	1.2
Cauliflower raw	½ c	1.0
Pineapple	1 slice ¾ inches thick	1.0
Asparagus	4 spears	0.9
White bread	1 slice	0.8
Celery raw	1 stalk	0.7
Chopped raw onion	¼ c	0.6
Plums	3 medium	0.6
Cereals	Read labels	Vary in content
Chick Pea	½ c	6
Oatmeal	¾ c	7.7
Figs	3	10.5

This is not a complete list of sources for dietary fiber.

Fiber amounts may vary slightly depending on your source

