

Fiber-Rich Food List

While fiber is naturally present in all fruits, vegetables, whole grains, pulses, legumes, nuts, and seeds, some are particularly rich in fiber. Gradually incorporating more of these foods into your diet can help you achieve your fiber goals while providing essential nutrients to support your overall health.

Vegetables	Fiber	Try
Artichoke, cooked, 1 cup	10 g	Add to salads, bowls, soups, stews
Pumpkin, canned, 1 cup	7 g	Add to pancakes/waffles, baked goods, stews/curries, salads, bowls, or oatmeal
Sweet potato, cooked, 1 cup	6 g	Baked/stuffed, roasted, add to baked goods, salads, bowls, or stews
Broccoli, cooked, 1 cup	5 g	Add to salads, bowls, soups, stews, or stir fries
Cauliflower, cooked, 1 cup	5 g	Add to salads, bowls, soups, stews, or stir fries, or make buffalo cauliflower or tacos
Kale, cooked, 1 cup	5 g	Use in salads, bowls, stews, soups, smoothies, or roast/dehydrate to make chips
Spinach, cooked, 1 cup	4 g	Use in salads, bowls, stews, soups, noodle dishes, smoothies, or serve as a side
Okra, cooked, 1 cup	4 g	Roast, sauté, grill, add to stews, curries, gumbo, or soups
Carrots, raw, 1 cup	4 g	Roast, grate into salads/slaws, use in stir-fries, soups, or baked goods

Fruits

Fiber

Try

Raspberries, 1 cup

8 g

Eat as a snack or dessert, or add to oatmeal, smoothies, or salads

Blackberries, 1 cup

8 g

Eat as a snack or dessert, or add to oatmeal, smoothies, or salads

Avocado, ½ medium

7 g

Add to salads, bowls, toast, wraps, or smoothies

Pear, 1 medium

6 g

Eat as a snack or dessert, or add to oatmeal, smoothies, or salads

Kiwi, 1 cup

5 g

Eat as a snack or dessert, or add to oatmeal, smoothies, or salads

Apple, 1 medium

5 g

Eat as a snack or dessert, or add to oatmeal, smoothies, or salads

Whole Grains

Fiber

Try

Oats, ½ cup, dry

4 g

Make delicious oatmeals with your favorite fruit, nuts, and seeds as toppings (which all add extra fiber!), or used in baked good recipes

Whole wheat pasta, cooked, 1 cup

6 g

Add your favorite sauce (tomato, pesto, etc.) or add to a salad

Quinoa, cooked, 1 cup

5 g

As a salad base, in soups and stews, stuff vegetables, layer in casseroles, serve as a side, or use as a binder for burgers or patties

Farro, cooked, 1 cup

5 g

In salads, in risotto, in soups and stews, layer in casseroles, mix in pilafs

Brown rice, cooked, 1 cup

4 g

As a bowl, in a burrito, top with curry, serve as fried rice, or eat as a side

Pulses & Legumes

Fiber

Try

Green peas, cooked,
½ cup

9 g

Sauté or steam for a side dish, or add to salads, bowls, soups, or stews

Lentils, cooked, ½ cup

8 g

Add to stews, salads, bowls, soups, dahl, or eat as a side

Pinto beans,
cooked, ½ cup

8 g

Add to stews, salads, bowls, soups, dahl, wraps, tacos, burritos, mash, or eat as a side

Black beans,
cooked, ½ cup

8 g

Add to stews, salads, bowls, soups, dahl, wraps, tacos, burritos, mash, or eat as a side

Chickpeas, cooked,
½ cup

6 g

Add to stews, salads, bowls, soups, dahl, or make hummus or baked falafel for a meal or snack

Edamame, cooked, ½ cup

4 g

Add to stir fries, salads, bowls, or eat as a side or snack

Nuts & Seeds

Fiber

Try

Chia seeds, 2 tablespoons

8 g

Add to smoothies, baked goods, pancakes/waffles, bowls, salads, or oatmeal, or make chia pudding

Flaxseed, 2 tablespoons

6 g

Add to smoothies, baked goods, pancakes/waffles, bowls, salads, or oatmeal

Almonds, ¼ cup

4 g

Add to salads, bowls, oatmeal, granola, smoothies, or make/buy almond butter or eat as a snack

Pistachio, ¼ cup

3 g

Add to salads, bowls, oatmeal, granola, smoothies, or make/buy pistachio butter, or simply eat as a snack

Sunflower/Pumpkin
seeds, ¼ cup

3 g

Add to baked goods, granola, salads, bowls, soups, oatmeal, or eat as a snack