

Fiber Content of Whole Plant Foods

Fruits	Serving size	Total fiber (grams)
Raspberries	1 cup	8.0
Pear, with skin	1 medium	5.5
Apple, with skin	1 medium	4.4
Strawberries (halves)	1 1/4 cup	3.8
Banana	1 medium	3.1
Orange	1 medium	3.1
Figs, dried	2 medium	1.6
Raisins	2 tablespoons	1.0
Grains, cereal & pasta	Serving size	Total fiber (grams)
Spaghetti, whole-wheat, cooked	1 cup	6.2
Barley, pearled, cooked	1 cup	6.0
Bran flakes	3/4 cup	5.3
Oat bran muffin	1 medium	5.2
Oatmeal, quick, regular or instant, cooked	1 cup	4.0
Popcorn, air-popped	3 cups	3.5
Brown rice, cooked	1 cup	3.5
Bread, rye	1 slice	1.9
Bread, whole-wheat or multigrain	1 slice	1.9
Legumes, nuts & seeds	Serving size	Total fiber (grams)
Split peas, cooked	1 cup	16.3
Lentils, cooked	1 cup	15.6
Black beans, cooked	1 cup	15.0
Lima beans, cooked	1 cup	13.2
Baked beans, vegetarian, canned, cooked	1 cup	10.4
Sunflower seed kernels	1/4 cup	3.9
Almonds	1 ounce (23 nuts)	3.5
Pistachio nuts	1 ounce (49 nuts)	2.9
Pecans	1 ounce (19 halves)	2.7
Vegetables	Serving size	Total fiber (grams)
Peas, cooked	1 cup	8.8
Broccoli, boiled	1 cup	5.1
Turnip greens, boiled	1 cup	5.0
Sweet corn, cooked	1 cup	4.2
Brussels sprouts, cooked	1 cup	4.1
Potato, with skin, baked	1 medium	2.9
Tomato paste	1/4 cup	2.7
Carrot, raw	1 medium	1.7