

## Learning Library 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)
Legumes, nuts & seeds Split peas, cooked	Serving size 1 cup	Total fiber (grams) 16.3
Split peas, cooked	1 cup	16.3
Split peas, cooked Lentils, cooked	1 cup 1 cup	16.3 15.6
Split peas, cooked  Lentils, cooked  Black beans, cooked  Lima beans, cooked  Baked beans, vegetarian, canned, cooked	1 cup 1 cup 1 cup	16.3 15.6 15.0
Split peas, cooked  Lentils, cooked  Black beans, cooked  Lima beans, cooked	1 cup 1 cup 1 cup 1 cup	16.3 15.6 15.0 13.2 10.4 3.9
Split peas, cooked  Lentils, cooked  Black beans, cooked  Lima beans, cooked  Baked beans, vegetarian, canned, cooked  Sunflower seed kernels  Almonds	1 cup 1 oup 1/4 cup 1 ounce (23 nuts)	16.3 15.6 15.0 13.2 10.4 3.9 3.5
Split peas, cooked  Lentils, cooked  Black beans, cooked  Lima beans, cooked  Baked beans, vegetarian, canned, cooked  Sunflower seed kernels	1 cup	16.3 15.6 15.0 13.2 10.4 3.9
Split peas, cooked  Lentils, cooked  Black beans, cooked  Lima beans, cooked  Baked beans, vegetarian, canned, cooked  Sunflower seed kernels  Almonds	1 cup 1 ounce (23 nuts) 1 ounce (49 nuts) 1 ounce (19 halves)	16.3 15.6 15.0 13.2 10.4 3.9 3.5 2.9
Split peas, cooked  Lentils, cooked  Black beans, cooked  Lima beans, cooked  Baked beans, vegetarian, canned, cooked  Sunflower seed kernels  Almonds  Pistachio nuts	1 cup 1 ounce (23 nuts) 1 ounce (49 nuts)	16.3 15.6 15.0 13.2 10.4 3.9 3.5
Split peas, cooked  Lentils, cooked  Black beans, cooked  Lima beans, cooked  Baked beans, vegetarian, canned, cooked  Sunflower seed kernels  Almonds  Pistachio nuts  Pecans	1 cup 1 ounce (23 nuts) 1 ounce (49 nuts) 1 ounce (19 halves)	16.3 15.6 15.0 13.2 10.4 3.9 3.5 2.9
Split peas, cooked  Lentils, cooked  Black beans, cooked  Lima beans, cooked  Baked beans, vegetarian, canned, cooked  Sunflower seed kernels  Almonds  Pistachio nuts  Pecans  Vegetables  Peas, cooked  Broccoli, boiled	1 cup 1 ounce (23 nuts) 1 ounce (49 nuts) 1 ounce (19 halves) Serving size	16.3 15.6 15.0 13.2 10.4 3.9 3.5 2.9 2.7 Total fiber (grams)
Split peas, cooked  Lentils, cooked  Black beans, cooked  Lima beans, cooked  Baked beans, vegetarian, canned, cooked  Sunflower seed kernels  Almonds  Pistachio nuts  Pecans  Vegetables  Peas, cooked	1 cup 1/4 cup 1 ounce (23 nuts) 1 ounce (49 nuts) 1 ounce (19 halves) Serving size 1 cup	16.3 15.6 15.0 13.2 10.4 3.9 3.5 2.9 2.7 Total fiber (grams) 8.8
Split peas, cooked  Lentils, cooked  Black beans, cooked  Lima beans, cooked  Baked beans, vegetarian, canned, cooked  Sunflower seed kernels  Almonds  Pistachio nuts  Pecans  Vegetables  Peas, cooked  Broccoli, boiled	1 cup 1/4 cup 1 ounce (23 nuts) 1 ounce (49 nuts) Serving size 1 cup 1 cup	16.3 15.6 15.0 13.2 10.4 3.9 3.5 2.9 2.7 Total fiber (grams) 8.8 5.1
Split peas, cooked  Lentils, cooked  Black beans, cooked  Lima beans, cooked  Baked beans, vegetarian, canned, cooked  Sunflower seed kernels  Almonds  Pistachio nuts  Pecans  Vegetables  Peas, cooked  Broccoli, boiled  Turnip greens, boiled	1 cup 1/4 cup 1 ounce (23 nuts) 1 ounce (49 nuts) 1 ounce (19 halves) Serving size 1 cup 1 cup 1 cup	16.3 15.6 15.0 13.2 10.4 3.9 3.5 2.9 2.7 Total fiber (grams) 8.8 5.1 5.0
Split peas, cooked  Lentils, cooked  Black beans, cooked  Lima beans, cooked  Baked beans, vegetarian, canned, cooked  Sunflower seed kernels  Almonds  Pistachio nuts  Pecans  Vegetables  Peas, cooked  Broccoli, boiled  Turnip greens, boiled  Sweet corn, cooked	1 cup 1/4 cup 1 ounce (23 nuts) 1 ounce (49 nuts) 1 ounce (19 halves) Serving size 1 cup 1 cup 1 cup 1 cup	16.3 15.6 15.0 13.2 10.4 3.9 3.5 2.9 2.7 Total fiber (grams) 8.8 5.1 5.0 4.2
Split peas, cooked  Lentils, cooked  Black beans, cooked  Lima beans, cooked  Baked beans, vegetarian, canned, cooked  Sunflower seed kernels  Almonds  Pistachio nuts  Pecans  Vegetables  Peas, cooked  Broccoli, boiled  Turnip greens, boiled  Sweet corn, cooked  Brussels sprouts, cooked	1 cup 1/4 cup 1 ounce (23 nuts) 1 ounce (49 nuts) 1 ounce (19 halves) Serving size 1 cup 1 cup 1 cup 1 cup 1 cup	16.3 15.6 15.0 13.2 10.4 3.9 3.5 2.9 2.7 Total fiber (grams) 8.8 5.1 5.0 4.2 4.1