

High-Fiber Foods: Cheat Sheet

Fiber per serving for 30 whole foods, daily targets and an easy high-fiber day.

Food	Type	Serving	Fiber	%DV
Split peas (boiled)	Legume	1 cup (196 g)	16.3 g	58%
Lentils (boiled)	Legume	1 cup (198 g)	15.6 g	56%
Black beans (boiled)	Legume	1 cup (172 g)	15.0 g	53%
Chickpeas (boiled)	Legume	1 cup (164 g)	12.5 g	45%
Kidney beans (boiled)	Legume	1 cup (177 g)	11.3 g	40%
Chia seeds	Nut/seed	1 oz (28 g)	9.6 g	34%
Edamame (prepared)	Legume	1 cup (155 g)	8.1 g	29%
Raspberries	Fruit	1 cup (123 g)	8.0 g	29%
Blackberries	Fruit	1 cup (144 g)	7.6 g	27%
Green peas (frozen, boiled)	Veg	1 cup (160 g)	7.2 g	26%
Artichoke (boiled)	Veg	1 medium (120 g)	6.8 g	24%
Barley, pearled (cooked)	Grain	1 cup (157 g)	6.0 g	21%
Pear	Fruit	1 medium (178 g)	5.5 g	20%
Whole-wheat pasta (cooked)	Grain	1 cup (140 g)	5.5 g	20%
Quinoa (cooked)	Grain	1 cup (185 g)	5.2 g	18%
Broccoli (boiled)	Veg	1 cup (156 g)	5.1 g	18%
Avocado	Fruit	½ medium (68 g)	4.6 g	16%
Apple, with skin	Fruit	1 medium (182 g)	4.4 g	16%
Brussels sprouts (boiled)	Veg	1 cup (156 g)	4.1 g	14%
Oats, dry	Grain	½ cup (40 g)	4.0 g	14%
Flaxseed	Nut/seed	2 tbsp (14 g)	3.8 g	14%
Potato, baked with skin	Veg	1 medium (173 g)	3.8 g	14%
Sweet potato, baked in skin	Veg	1 medium (114 g)	3.8 g	13%
Almonds	Nut/seed	1 oz (28 g)	3.5 g	12%
Popcorn, air-popped	Grain	3 cups (24 g)	3.5 g	12%
Brown rice (cooked)	Grain	1 cup (195 g)	3.1 g	11%
Sunflower seeds (dry roasted)	Nut/seed	1 oz (28 g)	3.1 g	11%
Banana	Fruit	1 medium (118 g)	3.1 g	11%
Pistachios (dry roasted)	Nut/seed	1 oz (28 g)	2.9 g	10%
Whole-wheat bread	Grain	1 slice (32 g)	1.9 g	7%

How much you need

Benchmark (Dietary Guidelines)	14 g per 1,000 kcal
1,600 kcal/day	22 g
2,000 kcal/day (Daily Value)	28 g
2,400 kcal/day	34 g

A day near 30 g

Breakfast: oats with raspberries and chia

Lunch: black bean bowl with brown rice

Snack: a pear plus a few almonds

Dinner: lentil vegetable soup and whole-grain bread

Go slow

Increase fiber over a few weeks and drink plenty of fluids to limit gas and bloating. Follow your care team's advice if you have a bowel narrowing, an IBD flare or gastroparesis.

Values from USDA FoodData Central (SR Legacy); %DV based on 28 g.

Full guide: healatlasc.com/healthy-foods/high-fiber-foods