

<b>Fresh &amp; Dried Fruit</b>	<b>Serving Size</b>	<b>Fiber (g)</b>
Apples with skin	1 medium	5.0
Apricot	3 medium	1.0
Apricots, dried	4 pieces	2.9
Banana	1 medium	3.9
Blackberries	1 cup	8.0
Blueberries	1 cup	4.2
Boysenberries	1 cup	7.0
Cantaloupe, cubes	1 cup	1.3
Coconut, unsweetened	1 tablespoon	4.0
Currants (red and white)	1 cup	5.0
Figs, dried	2 medium	3.7
Grapefruit	1/2 medium	3.1
Grapes	20 grapes	1.0
Guava	medium	3.0
Kiwi	medium	2.0
Mango	medium	5.0
Orange, navel	1 medium	3.4
Papaya	medium	3.0
Peach	1medium	2.0
Peaches, dried	3 pieces	3.2
Pear	1 medium	5.1
Pineapple	1/2 cup	1.0
Plum	1 medium	1.1
Prunes, dried	1/2 cup	6.0
Raisins	1/5 oz box	1.6
Raspberries	1 cup	6.4
Strawberries	1 cup	4.4
Watermelon	1 thick slice	3.0

<b>Grains, Beans, Nuts &amp; Seeds</b>	<b>Serving Size</b>	<b>Fiber (g)</b>
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Almonds	1 oz	4.2
Black beans, cooked	1 cup	13.9
Bran cereal	1 cup	19.9
Brazil nuts	1 oz	2.0
Bread, whole wheat	1 slice	2.0
Brown rice, dry	1 cup	7.9
Cashews	1 oz	1.0
Chia	1 oz	2.0
Flax seeds	3 Tbsp.	6.9
Garbanzo beans, cooked	1 cup	5.8
Green beans, cooked	1 cup	17.0
Kidney beans, cooked	1 cup	11.6
Lentils, red cooked	1 cup	13.6
Lima beans, cooked	1 cup	8.6
Oats, rolled dry	1 cup	12.0
Navy beans, cooked	1 cup	19.0
Quinoa (seeds) dry	1/4 cup	6.2
Quinoa cooked	1 cup	8.4
Pasta, whole wheat	1 cup	6.3
Peanuts	1 oz	2.3
Pinon nuts (Pine nuts)	1 oz	12.0
Pinto beans, cooked	1 cup	15.0
Pistachio nuts	1 oz	3.1
Pumpkin seeds	1/4 cup	4.1
Sesame seeds	1/4 cup	12.0
Soybeans, cooked	1 cup	8.1
Sunflower seeds	1/4 cup	3.0
Walnuts	1 oz	3.1
White beans, small, cooked	1 cup	15.0

<b>Vegetables</b>	<b>Serving Size</b>	<b>Fiber (g)</b>
Acorn squash, cooked	1 cup	9.0
Asparagus, cooked	1/2 cup	2.0
Avocado (fruit)	1 medium	11.8
Beets, cooked	1 cup	2.8
Beet greens	1 cup	4.2
Bok choy, cooked	1 cup	2.8
Broccoli, cooked	1 cup	4.5
Brussels sprouts, cooked	1 cup	3.6
Cabbage, cooked	1 cup	4.2
Carrot	1 medium	2.6
Carrot, cooked	1 cup	5.2
Cauliflower, cooked	1 cup	3.4
Celery	1 stalk	1.1
Cole slaw	1 cup	4.0
Collard greens, cooked	1 cup	2.6
Corn, sweet	1 cup	4.6
Cow peas, cooked	1 cup	11.0
Crookneck squash, cooked	1 cup	3.0
Green beans	1 cup	4.0
Kale, cooked	1 cup	7.2
Lettuce, shredded	1 cup	1.0
Mushrooms, raw	6 small	2.0
Mustard greens, cooked	1 cup	5.0
Onions, raw	1 cup	2.9
Peas, cooked	1 cup	8.8
Peppers, sweet	1 cup	2.6
Pop corn, air-popped	3 cups	3.6
Potato, baked w/skin	1 medium	4.8
Red cabbage, cooked	1 cup	4.0

Savoy cabbage, cooked	1 cup	4.0
Spaghetti squash, cooked	1 cup	2.0
Spinach, cooked	1 cup	4.3
Spring salad mix	1 cup	1.0
Summer squash, cooked	1 cup	2.5
Sweet potato, cooked	1 medium	4.9
Swiss chard, cooked	1 cup	3.7
Tomato	1 medium	1.0
Turnip greens, cooked	1 cup	6.0
Winter squash, cooked	1 cup	6.2
Yam, flesh and skin	1 medium	5.0
Zucchini, cooked	1 cup	2.6