

High Fiber Food Chart

FOOD ITEM	SERVING SIZE	FIBER (G)
Legumes & Beans		
Split Peas (Boiled)	1 cup	16.3
Lentils (Boiled)	1 cup	15.6
Black Beans (Boiled)	1 cup	15.0
Grains		
Barley (Pearled, Cooked)	1 cup	6.0
Quinoa (Cooked)	1 cup	5.2
Oatmeal (Instant, Cooked)	1 cup	4.0
Vegetables & Fruits		
Artichoke (Boiled)	1 medium	10.3

FOOD ITEM	SERVING SIZE	FIBER (G)
Raspberries	1 cup	8.0
Broccoli (Chopped/Boiled)	1 cup	5.1
Apple (with skin)	1 medium	4.4
Seeds & Nuts		
Chia Seeds	1 ounce	10.0
Almonds	1 ounce (23 nuts)	3.5