

High Fiber Foods Chart

Client Information:
Name:
DOB:
ID:
Fiber RDI (g/day):

Food	Serving Size	Grams of Fiber per Serving
Almonds	1 oz	3.5
Apples	1 medium	4.4
Artichoke	Half cup hearts	4.8
Asparagus	100g	2.1
Avocado	100g	5.6
Bananas	One large	3.5
Barley	Half cup uncooked	15.9
Beets	100g	2.8
Black Beans	100g	6.69
Blackberries	100g	5.3
Blueberries	100g	2.4
Wheat bran	Half cup	12.4
Broccoli	One cup, raw	2.4
Brown Rice	One cup, cooked	3.2
Brussels Sprouts	One cup, raw	3.3
Bulgur	One cup, cooked	8.2
Carrots	One medium	1.71
Cauliflower	One cup, raw	2.14
Chia seeds	One oz	9.75
Chickpeas	100g, drained and rinsed	5.92
Coconut	One oz, dessicated	4.62
Corn	100g	7.3

Dark chocolate	1 oz	2.27
Dates	One date	1.61
Dried Apricots	100g	7.3
Dried Figs	100g	9.8
Edamame	100g	5.2
Flax Seeds	One tablespoon	2.81
Green Peas	One cup, raw	8.26
Kale	One cup, raw	0.86
Kidney Beans	100g, drained and rinsed	4.3
Lentils	100g, raw	10.7
Oats	100g, steel cut	12
Peanuts	One oz	2.41
Pears	One medium	4.6
Pecans	One oz	2.72
Pinto Beans	100g, drained and rinsed	7.1
Popcorn	One cup	1.16
Prunes	100g	7.1
Quinoa	One cup, cooked	5.18
Raspberries	100g	6.5
Spelt	One cup, cooked	7.57
Spinach	One cup, raw	0.66
Split Peas	50g, dried	11.1
Strawberries	One cup, halves	3.04
Sunflower seeds	One oz	2.44
Sweet potatoes	One cup, raw	3.99
Walnuts	1 oz	1.9
Whole grain pasta	50g, dried	5.35

Additional Notes

Clinician Name:

Date: