



Secrets Of Healthy Eating

Top 50 High Fiber Foods to Stock In Your Pantry

Fruits

Food	Typical Serving	Fiber/ Serving (grams)	% Fibre Daily RDA (women)	% Fibre Daily RDA (men)
Pears	One Large Pear	10.36	41%	30%
Mango	One Large Ripe Raw Mango	7.62	30%	22%
Oranges	One Large Raw Orange	6.82	27%	19%
Guava	One Medium Guava	6.37	25%	18%
Strawberries	3 Large Strawberries	3.75	15%	11%
Persimmon	One Large Fresh Peeled Persimmon	3.59	14%	10%
Bananas	1 Banana	2.86	11%	8%
Raspberries	Twenty Fresh Raw Raspberries	2.44	10%	7%
Avocado	Half An Avocado	1.96	8%	6%

Grains

Food	Typical Serving	Fiber /Serving (grams)	% Fibre Daily RDA (women)	% Fibre Daily RDA (men)
All Bran Cereal	Half Cup Bran Cereal	13.50	54%	39%
Rye Bread	2 Slices Bread	6.39	26%	18%
7-Grain Bread	2 Slices Bread	6.02	24%	17%
Raw Oats	One-Quarter Cup Rolled Raw Oats	3.18	13%	9%
Cracked Wheat	Half Cup Boiled Cracked Wheat	3.00	12%	9%
Grape Nuts Cereal	Three-Quarter Cup Grape-Nut Flakes Cereal	2.90	12%	8%
Barley	Half Cup Cooked Barley	2.66	11%	8%
Quinoa	Half Cup Cooked Quinoa	2.60	10%	7%
Popcorn	Two Cups Air-Popped Popcorn	2.32	9%	7%
Wild Rice	Half Cup Cooked Wild Rice	1.35	5%	4%
Brown Rice	Half Cup Boiled Rice	1.28	5%	4%
Pumpernickel Bread	Two Slices Bread	0.98	4%	3%



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Legumes

Food	Typical Serving	Fiber /Serving (grams)	% Fibre Daily RDA (women)	% Fibre Daily RDA (men)
Kidney Beans	One Cup Canned Red Kidney Beans	13.00	52%	37%
Adzuki Beans	Half Cup Cooked Adzuki Beans	8.40	34%	24%
Soybeans	Half Cup Cooked Soy Beans	7.20	29%	21%
Lima Beans	Half Cup Cooked Lima Beans	5.95	24%	17%
Black Beans	Half Cup Cooked Black Beans	5.44	22%	16%
Pinto Beans	One-Third Can Pinto Beans	4.95	20%	14%
Chickpeas	Half Cup Canned Chickpeas	4.70	19%	13%
Peas	Half Cup Cooked Peas	4.40	18%	13%
Lentils	Half Cup Cooked Lentils	3.70	15%	11%
Split Peas	Half Cup Cooked Split Peas	3.12	12%	9%

Nuts, Seeds & Chocolate

Food	Typical Serving	Fiber /Serving (grams)	% Fibre Daily RDA (women)	% Fibre Daily RDA (men)
Chia Seeds	One Tablespoon Chia Seeds	5.55	22%	16%
Sunflower Seeds	One-Quarter Cup Roasted Sunflower Seeds	2.88	12%	8%
Pumpkin Seeds	One-Quarter Cup Roasted Pumpkin Seeds	1.95	8%	6%
Almonds	10 Almonds	1.06	4%	3%
Pistachios	20 Raw Pistachio Nuts	1.00	4%	3%
Dark Chocolate	One Row (5 to 6 Squares)	0.36	1%	1%



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Vegetables

Food	Typical Serving	Fiber /Serving (grams)	% Fibre Daily RDA (women)	% Fibre Daily RDA (men)
Sweet Potatoes	One Cup Cooked Sweet Potato	10.50	42%	30%
Navy (Haricot) Beans	One-Quarter Cup Dried Navy Beans	9.25	37%	26%
Artichoke	Half A Cooked Artichoke	7.98	32%	23%
Spinach	Half Cup Cooked English Spinach	4.80	19%	14%
Russet Potatoes	One Baked Medium Russet Potato With Skin	3.90	16%	11%
Brussel Sprouts	Half Cup Cooked Brussel Sprouts	3.67	15%	10%
Carrots	Half Cup Cooked Peeled Carrots	3.28	13%	9%
Parsnips	Half Cup Cooked Parsnips	3.04	12%	9%
Broccoli	Half Cup Cooked Broccoli	2.96	12%	8%
Swiss Chard	Half Cup Cooked Silverbeet	2.30	9%	7%
Beets	1 Cup Sliced Beets	2.24	9%	6%
Collard Greens	One Cup Chopped Raw Collards	1.44	6%	4%
Red Potatoes	Half Cup Raw Red Potato With Skin	1.28	5%	4%