

## High Fiber Food List

Food	Amount	Total Fiber (g)
Bran cereal	1/3 cup	8.6
Cooked kidney beans	1/2 cup	7.9
Cooked lentils	1/2 cup	7.8
Cooked black beans	1/2 cup	7.6
Canned chickpeas	1/2 cup	5.3
Baked beans	1/2 cup	5.2
Pear	1	5.1
Soybeans	1/2 cup	5.1
Quinoa	1/2 cup	5
Baked sweet potato, with skin	1 medium	4.8
Baked potato, with skin	1 medium	4.4
Cooked frozen green peas	1/2 cup	4.4
Bulgur	1/2 cup	4.1
Cooked frozen mixed vegetables	1/2 cup	4
Raspberries	1/2 cup	4
Blackberries	1/2 cup	3.8
Almonds	1 oz	3.5
Cooked frozen spinach	1/2 cup	3.5
Vegetable or soy patty	1 each	3.4
Apple	1 medium	3.3
Dried dates	5 pieces	3.3

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