



# Fibre Rich Foods

| Fruits          | Serving Size    | Fibre (Grams Per Serving) |
|-----------------|-----------------|---------------------------|
| Apple w/ skin   | 1 medium        | 3.7                       |
| Apple w/o skin  | 1 medium        | 2.4                       |
| Apricots        | 3 medium        | 2.5                       |
| Avocado         | 1 medium        | 13.0                      |
| Banana          | 1 medium        | 2.7                       |
| Blackberries    | 1 cup           | 8.0                       |
| Blueberries     | 1 cup           | 4.0                       |
| Cantaloupe      | 1 cup (chopped) | 1.3                       |
| Cherries        | 10 cherries     | 1.3                       |
| Grapefruit      | ½ medium        | 2.0                       |
| Grapes          | 1 cup           | 1.2                       |
| Guava           | 1 cup (chopped) | 9.0                       |
| Honey Dew melon | 1 cup (chopped) | 1.0                       |
| Kiwifruit       | 1 cup           | 5.0                       |
| Mango           | 1 cup (chopped) | 3.0                       |
| Oranges         | 1 medium        | 3.0                       |
| Papaya          | 1 cup (chopped) | 2.0                       |
| Passion fruit   | 1 cup           | 25.0                      |
| Peach           | 1 medium        | 1.7                       |
| Pear            | 1 medium        | 4.0                       |
| Pineapple       | 1 cup (pieces)  | 2.0                       |
| Plum            | 1 medium        | 1.0                       |
| Pomegranate     | 1 cup           | 7.0                       |
| Prunes (dried)  | 10 prunes       | 6.0                       |
| Raisins         | 2/3 cup         | 4.0                       |
| Raspberries     | 1 cup           | 8.4                       |
| Strawberries    | 1 cup           | 3.4                       |
| Watermelon      | 1 cup (pieces)  | 0.8                       |

| Vegetables       | Serving Size     | Fibre (Grams Per Serving) |
|------------------|------------------|---------------------------|
| Artichoke        | 1 medium         | 6.2                       |
| Asparagus        | ½ cup (6 spears) | 1.4                       |
| Baked Beans      | 1 cup            | 14.0                      |
| Beets            | 1 cup            | 3.8                       |
| Broccoli         | ½ cup            | 2.3                       |
| Brussel Sprouts  | ½ cup            | 2.0                       |
| Carrot           | 1 medium         | 2.0                       |
| Cauliflower      | ½ cup            | 1.7                       |
| Celery           | 1 stalk (7 inch) | 1                         |
| Cabbage          | 1 cup (shredded) | 1.8                       |
| Chickpeas        | 1 cup (cooked)   | 12.5                      |
| Collard greens   | 1 cup            | 5.0                       |
| Corn             | 1 ear            | 2.0                       |
| Cucumber         | ½ cup (sliced)   | 0.5                       |
| Eggplant         | ½ cup            | 1.0                       |
| Green Beans      | ½ cup            | 2.0                       |
| Kale             | 1 cup            | 3.0                       |
| Kidney Beans     | 1 cup            | 12.2                      |
| Lima beans       | 1 cup            | 13.2                      |
| Lentils          | 1 cup            | 13.1                      |
| Lettuce          | ½ (pieces)       | 0.5                       |
| Mushrooms        | ½ (pieces)       | 0.4                       |
| Mustard Greens   | 1 cup            | 5.0                       |
| Onions           | ½ cup            | 1.0                       |
| Split Peas       | 1 cup            | 16.3                      |
| Peas, green      | ½ cup            | 4.0                       |
| Pinto beans      | 1 cup            | 14.7                      |
| Potato w/skin    | 1 medium         | 5.0                       |
| Potato w/o skin  | 1 medium         | 2.0                       |
| Pumpkin          | ½ cup            | 5.0                       |
| Spinach (raw)    | ½ cup            | 0.8                       |
| Spinach (cooked) | ½ cup            | 2.2                       |
| Squash           | ½ cup            | 3.0                       |
| Sweet Potato     | 1 medium         | 3.0                       |
| Swiss Chard      | 1 cup            | 4.0                       |
| Tomato           | 1 medium         | 1.0                       |

| Nuts and Grains                | Serving Size        | Fibre (Grams Per Serving) |
|--------------------------------|---------------------|---------------------------|
| Almonds                        | 1 ounce (23 nuts)   | 4.0                       |
| Amaranth                       | ¼ cup               | 6.0                       |
| Barley                         | 1 cup               | 6.0                       |
| Brazil nuts                    | 1 nut               | 0.4                       |
| Bread (whole wheat sliced)     | 1 slice             | 2.0                       |
| Brown Rice (cooked)            | 1 cup               | 4.0                       |
| Buckwheat groats               | 1 cup               | 5.0                       |
| Bulgur (cooked)                | 1 cup               | 8.0                       |
| Cashews                        | 1 ounce (18 nuts)   | 0.9                       |
| Chia seeds                     | 1 ounce (2 tbsp)    | 11.0                      |
| Flaxseeds                      | 1 tbsp (ground)     | 1.9                       |
| Millet (cooked)                | 1 cup               | 2.0                       |
| Oats (dry)                     | ½ cup               | 4.0                       |
| Peanuts                        | 1 cup               | 12.0                      |
| Pistachio nuts                 | 1 cup               | 13.0                      |
| Popcorn                        | 1 cup               | 4.0                       |
| Pumpkin seeds                  | ½ cup               | 3.0                       |
| Quinoa (cooked)                | 1 cup               | 5.0                       |
| Rye flour                      | ¼ cup               | 7.0                       |
| Sesame seeds                   | ¼ cup               | 4.0                       |
| Spaghetti (whole wheat cooked) | 1 cup               | 6.0                       |
| Sunflower seeds                | ¼ cup               | 3.0                       |
| Teff grain (dry)               | ¼ cup               | 6.0                       |
| Walnuts                        | 1 ounce (14 halves) | 1.9                       |
| Wheat berries (dry)            | ¼ cup               | 5.0                       |
| Wheat flour (dry)              | ¼ cup               | 4.0                       |
| Wild rice (cooked)             | 1 cup               | 3.0                       |