

What's the big deal about fiber, anyways?!

Where – Dietary fiber is found mostly in fruits, vegetables, nuts, legumes, and whole grains.

What – Fiber is a type of carbohydrate that passes through the body undigested – meaning it will not impact your blood sugar levels.

How – The best way to check your fiber intake is by reading food labels. Fiber is listed under the total carbohydrates section. But for those foods that may not have a food label (fresh fruits and veggies, nuts, seeds, etc.) this guide will come in handy!

How much – Aim for foods with 3 grams or more of fiber per serving.

Why – Fiber also feeds the gut microbiome! Eating more fiber helps keep the microbes in our gut happy, healthy and diverse; improving our overall gut health. This is in addition to helping slow the absorption of glucose, improving our cholesterol levels, and helping us feel full longer!

Easy peasy ways to add fiber throughout your day

- Throw in some split peas to your next soup, ½ a cup of split peas has 25 grams of fiber!
- Have a handful of nuts as a snack
- Raspberries are a high-fiber fruit, 8 grams in a cup to be exact. Great snack or dessert!
- Toss some ground flax seeds into your next casserole, yogurt, or pizza crust (literally— anything!) 2 tablespoons = 4 grams
- Having avocado toast or yogurt? Throw in some chia seeds, 2 tablespoons = 10 grams

Remember to always speak with your doctor about any specific concerns or conditions you may have. We recommend adding fiber slowly to your diet while also increasing your fluids as you increase your fiber intake.

How much fiber do you need each day?*

AGE	MALES	FEMALES
≤ 50 years old	38 g/day	25 g/day
> 50 years old	30 g/day	21 g/day

*Per the National Institute of Medicine. Please keep in mind that this is a guide. Actual values may vary depending on product processing.

High Fiber (4+ grams)

FOOD	SERVING SIZE	FIBER (GRAMS)
Artichoke	1 medium	10.3
Avocado	½ medium	4.6
Beans, baked, plain	½ cup	5.2
Beans, black	½ cup	7.5
Beans, kidney	½ cup	6.9
Beans, lima	½ cup	6.6
Beans, navy	½ cup	9.5
Beans, pinto	½ cup	7.7
Beans, white	½ cup	6.3
Blackberries	½ cup	3.8
Cereal, high fiber, bran	½ cup	4–9
Chickpeas	½ cup	5.3
English muffin, whole wheat	1 each	4.4
Lentils	½ cup	7.8
Mixed vegetables, frozen	½ cup	4
Pasta, chickpea	1 oz	4
Pear	1 medium	5.1
Peas, green, frozen	½ cup	4.4
Peas, split	½ cup	8.2
Potato, baked with skin	1 medium	4.4
Potato, sweet, baked with skin	1 medium	4.8
Quinoa	½ cup	5
Raspberries	½ cup	4
Seeds: chia	1 oz	10.7
Seeds: flax, ground	1 oz	7
Soybeans	½ cup	5.1

Moderate Fiber (1–3.9 grams)

FOOD	SERVING SIZE	FIBER (GRAMS)
Apple, with skin	1 medium	3.3
Applesauce	½ cup	1.5
Apricots	2 each	1.4
Apricots, dried	10 halves	2.6
Asparagus	8 spears	2.4
Bagel, 4"	1 each	2.4
Banana	1 medium	3.1
Barley	½ cup	3
Beans, green or yellow	½ cup	2
Beets, canned	½ cup	1.5
Blueberries	½ cup	1.8
Bread, sprouted grain	1 slice	3
Bread, whole wheat or rye	1 slice	2
Broccoli	½ cup	2.5
Brussels sprouts	½ cup	2
Buckwheat	½ cup	2
Cabbage	½ cup	1.4
Carrots, raw	½ cup	1.6
Cauliflower	½ cup	2.5
Cereal, bran with raisins	½ cup	3.3
Cereal, whole grain oat	½ cup	1.5
Cherries, canned or fresh	10 fruit	1.4
Chocolate, dark, 70–85% cocoa	1 oz	3.1
Chocolate, milk	1 oz	1
Coconut, shredded	1 oz	2.5
Corn, frozen	½ cup	2.1

Moderate Fiber (1–3.9 grams)

FOOD	SERVING SIZE	FIBER (GRAMS)
Cornbread	2x2" piece	1.4
Crackers, whole wheat	4 each	1.7
Cranberries	½ cup	2.6
Dates, dried	5 each	3.3
Eggplant	½ cup	1.3
English muffin, plain	1 each	2
Figs, medium	1 each	1.9
Grapefruit	½ each	1.4
Greens, collards	½ cup	2.7
Greens, turnip	½ cup	2.5
Grits, white corn, dry	½ cup	1.2
Kale	1 cup, cooked	1.3
Kiwi	1 medium	2.3
Melon	1 cup	1.4
Muffin, oat bran	2 oz	2.7
Nuts: almonds	1 oz	3.3
Nuts: peanuts	1 oz	2.4
Nuts: pistachios	1 oz	1.5
Nuts: pecans	1 oz	1.4
Nuts: walnuts	1 oz	1
Oat bran	½ cup	2.3
Oatmeal	½ cup	2
Okra	½ cup	2
Orange, 2 ½"	1 each	3.1
Papaya	½ cup	2.8
Passionfruit	1 medium	1.9

Moderate Fiber (1–3.9 grams)

FOOD	SERVING SIZE	FIBER (GRAMS)
Peach	1 medium	1.5
Pineapple	½ cup	1.1
Plantains, boiled	½ cup	1.8
Plum, 2"	1 each	1
Popcorn, air-popped	3 cups	3.6
Prune	5 each	3.5
Prune juice	½ cup	1.3
Pumpkin, canned	½ cup	3.6
Raisins	¼ cup	1.4
Rice, brown	½ cup	1.8
Sauerkraut, canned	½ cup	3.4
Seeds: sunflower	1 oz	2.6
Seeds: pumpkin	¼ cup	1.1
Spaghetti, whole wheat	½ cup	3.2
Spinach, frozen	½ cup	3.5
Squash: acorn	½ cup	3.2
Squash: spaghetti	½ cup	1.1
Squash: summer	½ cup	1.5
Strawberries	½ cup	1.7
Tangerine	1 each	1.5
Tomato sauce, spaghetti or marinara	½ cup	3.3
Tomatoes, raw	1 medium	1.5
Tortilla, corn, 6"	1 each	1.6

Low Fiber (less than 1 gram)

FOOD	SERVING SIZE	FIBER (GRAMS)
Bread, white	1 slice	<1
Cheese, all	1 oz	<1
Egg, whole	1 large	<1
Fruit juice	½ cup	<1
Ice cream	½ cup	<1
Lettuce, leaf	1 cup	<1
Meat, poultry and fish	1 oz	<1
Milk, all types	1 cup	<1
Nuts: cashew	1 oz	<1
Peanut butter	2 Tbsp	<1
Pudding or tapioca	½ cup	<1
Rice, white	½ cup	<1
Sour cream	1 oz	<1
Soy milk	1 cup	<1
Tuna, canned	1 oz	<1
Waffle or pancake, 4"	1 each	<1
Yogurt	6 oz	<1