

Fiber Content in Various Foods

Food	Serving	Amount of Fiber (g)
Fruits		
Raspberries	1 cup	8
Blueberries	1 cup	4
Strawberries	1 cup	3
Apple, with skin	1 medium	4.5
Pear, with skin	1 medium	5.5
Vegetables		
Cooked broccoli	1 cup	5
Cooked Brussel sprouts	1 cup	4
Carrot, raw	1 medium	1.5
Cooked spinach	1 cup	4
Cauliflower, cooked	1 cup	2
Green peas, cooked	1 cup	9
Grains		
Quinoa, cooked	1 cup	5
Oatmeal, cooked	1 cup	4
Brown rice, cooked	1 cup	3.5
Legumes, Nuts, and Seeds		
Chia seeds	1 ounce	10
Almonds	¼ cup	3
Pistachios	1 ounce	3
Sunflower Seeds	¼ cup	3
Black Beans, Cooked	1 cup	15
Lentils, Cooked	1 cup	15

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