

Fiber

What is fiber and why do we need it?

Fiber is a part of plant foods that is not digested. Instead, it passes through your body and provides many health benefits along the way. Eating fiber-rich foods can:

- Improve your digestive health
- Decrease your cholesterol and reduce your risk for heart disease
- Help you feel full when eating so you may eat less, which can help you maintain a healthy weight
- Help to control your blood sugar

WHOLE GRAINS		
Food	Serving Size	Amount of Fiber
Barley	1 cup cooked	6g
Brown/wild rice	1 cup cooked	3g
Banza® penne pasta	1 cup cooked	5g
Corn	1 cup	4g
Corn tortilla	2 6-inch tortillas	2g
Oatmeal	1 cup cooked	4g
Popcorn, air-popped	3 cups	4g
Quinoa	1 cup cooked	5g
Whole wheat bread	1 slice	3g
Whole wheat tortilla	1 tortilla	5g
Whole wheat spaghetti	1 cup cooked	7g

NON-STARCHY VEGETABLES		
Food	Serving Size	Amount of Fiber
Asparagus	1 cup cooked	3g
Avocado	1/2 medium	5g
Bell peppers	1 cup raw	3g
Broccoli	1 cup raw	2.5g
Carrots	1 cup raw	3.5g
Cauliflower	1 cup raw	2.5g
Celery	1 cup raw	2g
Cherry tomatoes	1 cup raw	2g
Eggplant	1 cup raw	3g
Jicama	1 cup raw	6g
Kimchi	3 ounces	1.5g
Mushrooms	1 cup raw	1g
Spaghetti squash	1 cup boiled	2.5g
Spinach	3 cups raw	2g
Zucchini	1 cup raw	1g

Where is fiber found?

Fiber is in fruits, vegetables, whole grains, nuts and seeds, and legumes.

How much fiber do I need?

Fiber recommendations differ between men and women. The daily fiber goal is at least 38 grams for men and 25 grams for women.

You can find the amount of fiber in packaged foods on the nutrition label under the total carbohydrates. Additionally, many unprocessed foods contain dietary fiber. Here are some examples:

NUTS & SEEDS		
Food	Serving Size	Amount of Fiber
Almonds	1/4 cup	3g
Chia seeds	1 tbsp	5g
Flax seeds	1 tbsp	3g
Mixed nuts	1/4 cup	3g
Peanut butter	2 tbsp	3g

FRUITS		
Food	Serving Size	Amount of Fiber
Apple	1 medium	4g
Blackberries	1 cup	8g
Cherries	1 cup	3g
Grapefruit	1/2 large	2g
Kiwi	1 whole	2g
Orange	1 medium	3g
Peach	1 medium	2g
Pear	1 medium	6g
Raspberries	1 cup	8g
Strawberries	1 cup	3g

LEGUMES (BEANS/PEAS/LENTILS)		
Food	Serving Size	Amount of Fiber
Black beans	1 cup	14g
Chickpeas	1 cup	12g
Edamame	1 cup	8g
Kidney beans	1 cup	11g
Lentils	1 cup	16g
Peas	1 cup	9g
Pinto beans	1 cup	15g