

50+ ways to boost your fiber intake

Nearly 95% of Americans don't eat enough fiber, according to the National Institutes of Health. Experts recommend adults get 25-30 grams of dietary fiber from food every day.

Fiber helps your body in lots of ways — from helping you manage your weight, and reducing risk for type 2 diabetes and heart disease to making you feel fuller to keeping you “regular.” Getting the recommended amount of fiber in your diet is as easy as picking a few foods you like from the list below.

Food Sources of Dietary Fiber

FOOD	STANDARD PORTION	CALORIES	FIBER (g)
GRAINS			
Ready-to-eat cereal <i>High fiber, unsweetened</i>	1/2 cup	62	14
Ready-to-eat cereal <i>Wheat, shredded</i>	1 cup	172	6.2
Popcorn	3 cups	169	5.8
Ready-to-eat cereal <i>Bran flakes</i>	3/4 cup	98	5.5
Barley, pearled, cooked	1/2 cup	97	3
Oat bran	1/2 cup	44	2.9
Crackers, whole wheat	1 ounce	122	2.9
FRUIT			
Guava	1 cup	112	8.9
Raspberries	1 cup	64	8
Blackberries	1 cup	62	7.6
Pear	1 medium	103	5.5
Kiwifruit	1 cup	110	5.4
Grapefruit	1 fruit	130	5
Apple, with skin	1 medium	104	4.8
Orange	1 medium	73	3.7
Figs, dried	1/4 cup	93	3.7
Blueberries	1 cup	84	3.6
Pomegranate seeds	1/2 cup	72	3.5
Banana	1 medium	112	3.2
Prunes or dried plum	1/4 cup	105	3.1
Strawberries	1 cup	49	3
Cherries	1 cup	87	2.9
PROTEIN FOODS			
Coconut	1 ounce	187	4.6
Chia seeds	1 Tbsp	58	4.1
Almonds	1 ounce	164	3.5
Sunflower seeds	1 ounce	165	3.1

FOOD	STANDARD PORTION	CALORIES	FIBER (g)
VEGETABLES			
Artichoke, cooked	1 cup	89	9.6
Navy beans, cooked	1/2 cup	128	9.6
Green peas, cooked	1 cup	134	8.8
Lentils, cooked	1/2 cup	115	7.8
Black beans, cooked	1/2 cup	114	7.5
Pumpkin, canned	1 cup	83	7.1
Brussels sprouts, cooked	1 cup	65	6.4
Sweet potato, cooked	1 cup	190	6.3
Jicama, raw	1 cup	46	5.9
Winter squash, cooked	1 cup	76	5.7
Yam, cooked	1 cup	158	5.3
Broccoli, cooked	1 cup	54	5.2
Avocado	1/2 cup	120	5
Cauliflower, cooked	1 cup	34	4.9
Carrots, cooked	1 cup	54	4.8
Kale, cooked	1 cup	43	4.7
Spinach, cooked	1 cup	41	4.3
Cabbage, red, cooked	1 cup	41	4.1
Edamame, cooked	1/2 cup	94	4.1
Green beans, snap, cooked	1 cup	44	4
Corn, cooked	1 cup	134	4
Potato, baked, with skin	1 medium	161	3.9
Carrots, raw	1 cup	52	3.6
Mushrooms, cooked	1 cup	44	3.4
Red bell pepper, raw	1 cup	39	3.1
Asparagus, cooked	1 cup	32	2.9
Onions, cooked	1 cup	92	2.9

Sources:

<https://www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials/food-sources-select-nutrients/food-0>

<https://www.nutrition.gov/topics/whats-food/fiber>

<https://www.nal.usda.gov/fnic/nutrient-lists-standard-reference-legacy-2018>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6124841/>

Fiber Booster Worksheet

Use this worksheet to plan how to work more fiber into your daily diet. Do it little by little (e.g., add five grams more per day each week over a month) to let your body adjust to the change. Be sure to drink plenty of water to stay hydrated.

Example

FOOD (serving size)	Fiber (grams)
popcorn (3 cups)	5.8
apple (medium with skin)	4.8
avocado (1/2 cup)	5
bran flakes (3/4 cup)	5.5
broccoli (1 cup)	5.2

Total fiber count for day 26.3 grams

DAY 1

FOOD (serving size)	Fiber (grams)

Total fiber count for day _____

DAY 2

FOOD (serving size)	Fiber (grams)

Total fiber count for day _____

DAY 3

FOOD (serving size)	Fiber (grams)

Total fiber count for day _____

DAY 4

FOOD (serving size)	Fiber (grams)

Total fiber count for day _____

DAY 5

FOOD (serving size)	Fiber (grams)

Total fiber count for day _____

DAY 6

FOOD (serving size)	Fiber (grams)

Total fiber count for day _____

DAY 7

FOOD (serving size)	Fiber (grams)

Total fiber count for day _____