

Client Name:

Date:

RDN/NDTR:

Email:

Phone:

Fiber Content of Foods

Fiber is found only in plant foods like fruit, vegetables, legumes, whole grains, nuts, and seeds. Dietary fibers are key nutrients that offer clear benefits for health and wellbeing. Eating a variety of plant foods will provide you with a range of different fibers, which will work together to support your gut and overall health.

Your fiber needs may increase or decrease if you have certain medical conditions. Your registered dietitian nutritionist will help you figure out how much fiber you need. The right amount of fiber for you is the highest amount that you can comfortably tolerate and that helps you manage any digestive symptoms. The best approach to eating more fiber (if recommended) is to gradually increase foods high in fiber and drink plenty of fluids.

Tips

- A moderate-fiber or low-fiber food can become a high-fiber food if you eat a large amount.
- A high-fiber food can become a low-fiber food if you only eat a small amount.
- The Nutrition Facts label on food products lists the amount of fiber in grams (g) per serving.

Foods High in Fiber (4 grams or more)

Food Group	Food	Serving
Grains	▶ Cereal, bran	½ cup
	▶ Cereal, shredded wheat	1 cup
	▶ Oatmeal	1 cup
	▶ Popcorn	1 cup
	▶ Quinoa	½ cup
	▶ Wheat bran	3 tablespoons
Protein Foods	▶ Beans, canned, such as garbanzo or kidney	½ cup
	▶ Flaxseed, ground	2 tablespoons
	▶ Lentils	½ cup
	▶ Peas	½ cup
	▶ Soybeans	½ cup
Vegetables	▶ Potato with skin	1 medium
	▶ Mixed vegetables, frozen	½ cup
Fruit	▶ Blackberries or raspberries	½ cup
	▶ Coconut	1 ounce
	▶ Pear	1 medium

Foods Moderate in Fiber (1-3 grams)

Food Group	Food	Serving
Grains	▶ Bread: whole wheat, cracked wheat, pumpernickel, or rye	1 slice
	▶ Bun, hot dog or hamburger	1
	▶ Crackers, whole grain	4
	▶ English muffin	1
	▶ Pasta: chickpea, lentil, or whole grain	½ cup
	▶ Rice: brown or wild	½ cup
	▶ Wheat germ	2 tablespoons
	▶ Whole grains: barley, bulgur, farro, freekeh, millet, or spelt	½ cup
Protein Foods	▶ Nuts, all types	¼ cup
	▶ Nut butters: almond, cashew, peanut	2 tablespoons
	▶ Seeds: pumpkin or sesame	2 tablespoons
	▶ Veggie burger	1
Vegetables	▶ Beets	½ cup
	▶ Broccoli	½ cup
	▶ Brussels sprouts	½ cup
	▶ Cabbage	½ cup
	▶ Carrots	½ cup
	▶ Cauliflower	½ cup
	▶ Corn	½ cup
	▶ Eggplant	½ cup
	▶ Greens: beet, collard, kale, or turnip	½ cup

Food Group	Food	Serving
Vegetables (continued)	▶ Green beans	½ cup
	▶ Okra	½ cup
	▶ Spinach	½ cup
	▶ Squash	½ cup
	▶ Tomato sauce	½ cup
	▶ Tomato	1 medium
Fruit	▶ Apple	1 medium
	▶ Applesauce	½ cup
	▶ Avocado	½ cup
	▶ Banana	1 medium
	▶ Blueberries, cranberries, or strawberries	½ cup
	▶ Cherries	10
	▶ Dates	4 small
	▶ Fruit, canned	½ cup
	▶ Grapefruit	½
	▶ Kiwi	1
	▶ Orange	1 medium
	▶ Papaya	½
	▶ Peach	1 medium
	▶ Pineapple	½ cup
	▶ Plum	1
	▶ Prune juice	½ cup
	▶ Prunes	4
	▶ Raisins	¼ cup
	▶ Tangerine	1 medium

Foods Low in Fiber (less than 1 gram)

Food Group	Food	Serving
Grains	▶ Bread, white	1 slice
	▶ Rice, white	½ cup
	▶ Pasta, white	½ cup
Protein Foods	▶ Egg, whole	1 large
	▶ Meats: beef, fish, lamb, pork, or poultry	3 ounces
Dairy and Dairy Alternatives	▶ Cheese, all types	1 ounce
	▶ Milk, all types	1 cup
	▶ Soymilk	1 cup
	▶ Yogurt	6 ounces

Notes: