PATIENT & CAREGIVER EDUCATION

A Guide to High Fiber Foods

This information explains what fiber is. It also lists foods high in fiber, the serving size, and the amount of fiber in a serving.

What is fiber and why is it healthy?

Fiber is an important part of your diet because it can help you:

- Have regular bowel movements (poop) and prevent constipation (having fewer bowel movements than usual).
- Lower your cholesterol (a waxy type of fat your body makes).
- Lower your risk for health issues. Some examples are diabetes, heart disease, and obesity (having a high, unhealthy amount of body fat).

Plant-based foods are the best sources of fiber. Fruits, vegetables, whole grains, cereals, legumes (such as kidney and black beans), nuts, and seeds give you the fiber you need.

How much fiber do I need in a day?

Before adding more fiber into your diet, talk with your healthcare provider about the amount that’s right for you. Your fiber needs are based on your daily caloric need (number of calories your body needs in a day). Females usually need about 25 grams of fiber in a day. Males need about 35 grams of fiber in a day.

List of foods that are good sources of fiber

Use this chart to choose foods that are good sources of fiber. The top of the list has foods very high in fiber.

Amount of Fiber in a Serving	Food	Serving Size
7 or more grams	Avocado	1 medium
	Artichoke	1 medium
	Dried coconut, shredded	1 cup
	Dried figs	10
	Dried peaches	10
	Raspberries or blackberries, fresh	1 cup
	Green and yellow split peas, cooked	½ cup

	Almonds, whole	½ cup
	All Bran® Cereal	½ cup
	Kashi® GO LEAN® Crunch Cereal	¾ cup
	Fiber One® Cereal	½ cup
	Chickpeas (garbanzo beans)	⅔ cup
	Lentils, cooked	½ cup
	Mung beans, boiled	½ cup
	Black beans, cooked	½ cup
	Pistachios	½ cup
6 to 7 grams	Acorn squash, cooked	1 cup
	Pears or Asian pears (with skin)	1 cup
	Prunes	10
	Cooked kidney, pinto, black, northern, or navy beans	½ cup
	Raisin Bran® Cereal	1 cup
	Shredded wheat cereal	1 cup
	Wheat Chex™ Cereal	¾ cup
4 to 5 grams	Apple (with skin)	1 medium
	Fresh cranberries	1 cup
	Currants	½ cup
	Mango	1 medium
	Raisins	⅔ cup
	Winter squash, cooked	½ cup

	Chia seeds	1 tablespoon
	Quaker® Corn Crunch Cereal	¾ cup
	Whole wheat pita bread	1 piece (8 inches)
4 grams	Edamame (soybeans)	½ cup
	Mixed vegetables, cooked from frozen	½ cup
	Flaxseed, ground	2 tablespoons
	Oatmeal, cooked	1 cup
	Quinoa, cooked	¾ cup
	Walnuts, chopped	½ cup
3 to 4 grams	Beets, cooked	1 cup
	Blueberries	1 cup
	Brussels sprouts	1 cup
	Green beans	1 cup
	Pomegranate seeds	½ cup
	White or sweet potato	1 medium
3 grams	Okra	1 cup
	Orange	1 medium
	Parsnip	½ cup
	Strawberries	1 cup
	Bulgur	⅓ cup
	Pearled barley, cooked	½ cup

	Whole wheat spaghetti	½ cup
	Banana	1 medium
	Broccoli or cauliflower, cooked	½ cup
	Nectarine or peach	1 medium
	Spinach or cabbage, cooked	⅔ cup
	Turnip	1 medium
	Couscous, macaroni, or spaghetti (white), cooked	1 cup
	Total® Cereal	¾ cup
	Wheaties® Cereal	¾ cup
	Wheat germ	¼ cup
	Whole grain bread	1 slice
	Carrot, raw	1 medium
	Corn	½ cup
	Kiwi	1 medium
	Zucchini, cooked or raw	½ cup
	Brown or wild rice	¼ cup

If you have any questions, contact a member of your care team directly. If you're a patient at MSK and you need to reach a provider after 5 p.m., during the weekend, or on a holiday, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

A Guide to High Fiber Foods - Last updated on March 31, 2023
All rights owned and reserved by Memorial Sloan Kettering Cancer Center