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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 |
| 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              |
| <b>4 to 5 grams</b> | 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) |
| <b>4 grams</b>      | 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              |
| <b>3 to 4 grams</b> | 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           |
| <b>3 grams</b>      | 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 questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit [www.mskcc.org/pe](http://www.mskcc.org/pe) to search our virtual library.

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