HIGH-FIBER FOODS

Looking to add more fiber to your diet? Fiber moves quickly and relatively easily through your digestive tract and helps it function properly. A high-fiber diet may also help reduce the risk of heart disease and diabetes.

Here’s a look at the fiber content of some common foods. Read nutrition labels to find out exactly how much fiber is in your favorite foods. Recommended fiber intake for women is 21 to 25 grams a day and for men is 30 to 38 grams a day.

<table>
<thead>
<tr>
<th>Fruits</th>
<th>Serving size</th>
<th>Total fiber (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pear</td>
<td>1 medium</td>
<td>5.1</td>
</tr>
<tr>
<td>Figs, dried</td>
<td>2 medium</td>
<td>3.7</td>
</tr>
<tr>
<td>Blueberries</td>
<td>1 cup</td>
<td>3.5</td>
</tr>
<tr>
<td>Apple, with skin</td>
<td>1 medium</td>
<td>4.4</td>
</tr>
<tr>
<td>Strawberries</td>
<td>1 cup</td>
<td>3.3</td>
</tr>
<tr>
<td>Peaches, dried</td>
<td>3 halves</td>
<td>3.2</td>
</tr>
<tr>
<td>Orange</td>
<td>1 medium</td>
<td>3.1</td>
</tr>
<tr>
<td>Apricots, dried</td>
<td>10 halves</td>
<td>2.6</td>
</tr>
<tr>
<td>Raisins</td>
<td>1.5-ounce box</td>
<td>1.6</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Grains, cereal &amp; pasta</th>
<th>Serving size</th>
<th>Total fiber (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spaghetti, whole-wheat</td>
<td>1 cup</td>
<td>6.3</td>
</tr>
<tr>
<td>Bran flakes</td>
<td>3/4 cup</td>
<td>5.1</td>
</tr>
<tr>
<td>Oatmeal</td>
<td>1 cup</td>
<td>4.0</td>
</tr>
<tr>
<td>Bread, rye</td>
<td>1 slice</td>
<td>1.9</td>
</tr>
<tr>
<td>Bread, whole-wheat</td>
<td>1 slice</td>
<td>1.9</td>
</tr>
<tr>
<td>Bread, mixed-grain</td>
<td>1 slice</td>
<td>1.7</td>
</tr>
<tr>
<td>Bread, cracked-wheat</td>
<td>1 slice</td>
<td>1.4</td>
</tr>
<tr>
<td>Legumes, nuts &amp; seeds</td>
<td>Serving size</td>
<td>Total fiber (grams)</td>
</tr>
<tr>
<td>-----------------------------</td>
<td>--------------</td>
<td>---------------------</td>
</tr>
<tr>
<td>Lentils</td>
<td>1 cup</td>
<td>15.6</td>
</tr>
<tr>
<td>Black beans</td>
<td>1 cup</td>
<td>15.0</td>
</tr>
<tr>
<td>Lima beans</td>
<td>1 cup</td>
<td>13.2</td>
</tr>
<tr>
<td>Baked beans, canned</td>
<td>1 cup</td>
<td>10.4</td>
</tr>
<tr>
<td>Almonds</td>
<td>24 nuts</td>
<td>3.3</td>
</tr>
<tr>
<td>Pistachio nuts</td>
<td>47 nuts</td>
<td>2.9</td>
</tr>
<tr>
<td>Peanuts</td>
<td>28 nuts</td>
<td>2.3</td>
</tr>
<tr>
<td>Cashews</td>
<td>18 nuts</td>
<td>0.9</td>
</tr>
<tr>
<td><strong>Vegetables</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peas</td>
<td>1 cup</td>
<td>8.8</td>
</tr>
<tr>
<td>Artichoke, cooked</td>
<td>1 medium</td>
<td>6.5</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>1 cup</td>
<td>6.4</td>
</tr>
<tr>
<td>Turnip greens, boiled</td>
<td>1 cup</td>
<td>5.0</td>
</tr>
<tr>
<td>Potato, baked with skin</td>
<td>1 medium</td>
<td>4.4</td>
</tr>
<tr>
<td>Corn</td>
<td>1 cup</td>
<td>4.2</td>
</tr>
<tr>
<td>Popcorn, air-popped</td>
<td>3 cups</td>
<td>3.6</td>
</tr>
<tr>
<td>Tomato paste</td>
<td>1/4 cup</td>
<td>3.0</td>
</tr>
<tr>
<td>Carrot</td>
<td>1 medium</td>
<td>2.0</td>
</tr>
</tbody>
</table>

http://mayoclinic.com/health/high-fiber-foods/NU00582