

# 33 BEST HIGH-FIBER FOODS



**Lentils**  
15.6g/Cup 7.9g/100g



**Whole Grain Pasta**  
6.3g/Cup 8g/100g



**Okra**  
8.2g/Cup 3.2g/100g



**Pears**  
5.5g/Pear 3.1g/100g



**Oats**  
16.5g/Cup 10.6g/100g



**Broccoli**  
2.4g/Cup 2.6g/100g



**Avocados**  
10g/Cup 6.7g/100g



**Quinoa**  
1.6g/Cup 2.8g/100g



**Lima Beans**  
13g/Cup 7g/100g



**Coconuts**  
7g/Cup 9g/100g



**Popcorn**  
1.2g/Cup 14.5g/100g



**Flaxseeds**  
2.8g/Tbsp 27g/100g



**Artichoke**  
6.9g/Artichoke 5.4g/100g



**Dark Chocolate**  
3.1g/Ounce 10.9g/100g



**Carrots**  
3.4g/Cup 2.8g/100g



**Raspberries**  
8g/Cup 6.5g/100g



**Banana**  
3.1g/Banana 2.6g/100g



**Pearled Barley**  
3.8g/Cup 6g/100g



**Edamame**  
8g/Cup 5g/100g



**Kidney Beans**  
11.3g/Cup 5.4g/100g



**Millet**  
17g/Cup 8.5g/100g



**Split Peas**  
16.3g/Cup 8.3g/100g



**Strawberries**  
3g/Cup 2g/100g



**Chia Seeds**  
10g/Ounce 34g/100g



**Brussels Sprouts**  
3.3g/Cup 8.3g/100g



**Black Beans**  
15g/Cup 8.9g/100g



**Figs**  
1.6g/Fig 2.9g/100g



**Almonds**  
11g/Cup 12.5g/100g



**Sweet Potatoes**  
3.8g/Medium size 2.5g/100g



**Kale**  
2.6g/Cup 2g/100g



**Beets**  
3.8g/Cup 2.8g/100g



**Apples**  
4.4g/Apple 2.4g/100g



**Chickpeas**  
12.5g/Cup 7.6g/100g

# Dietary Fiber

**G Thomas**



**Dietary Fiber:**

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