

Chef Solus Favorite Top High Fiber Foods


Grains and Pasta	Serving size	Total Fiber (grams)
Whole wheat flour	1 cup	14.6
Spaghetti, whole-wheat	1 cup	6.3
Whole wheat bagel	2 oz	6
Whole wheat English Muffin	1 each	4.4
Whole wheat bread	1 slice	1.9
Breakfast Cereals	Serving size	Total Fiber (grams)
High fiber cereals	1 ounce (1/2 cup)	10-14
All Bran Cereal	1/2 cup	10-13
Raisin bran	1 oz (3/4 cup)	5.4
Bran flakes	1 oz (3/4 cup)	5.1
Oatmeal	1 cup	4
Legumes, Nuts and Seeds	Serving size	Total Fiber (grams)
Lentils	1 cup	15.6
Black beans	1 cup	15
Lima beans	1 cup	13.2
Kidney beans	1 cup	14.6
Baked beans, canned	1 cup	10.4
Almonds	24 nuts	3.3
Peanuts	28 nuts	2.3
Vegetables	Serving size	Total Fiber (grams)
Peas	1 cup	8.8
Potato, baked with skin	1 medium	4.4
Corn	1 cup	4.2
Broccoli	1 cup	4.6
Popcorn, air-popped	3 cups	3.6



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Tomato paste	1/4 cup	3
Carrot	1 medium	2
Fruits	Serving size	Total Fiber (grams)
Pear	1 medium	5.1
Blueberries	1 cup	3.5
Apple, with skin	1 medium	3.3
Strawberries	1 cup	3.3
Orange	1 medium	3.1
Prunes	3 medium	3
Banana	1 medium	3
Apricots	1 medium	2.6
Raisins	1/4 cup	1.5

Fiber Worksheet: Create a meal plan that meets your fiber goal!



Fiber Goal _____

Breakfast			
	+		
Lunch			
	+		
Dinner			
	+		
Snack			



Total Fiber _____