Abra's KITCHEN
HEALTHY · HOMEMADE · DELICIOUS

High Fiber Foods

Fiber is the gut health super star and can be found in all types of plant foods. Be sure to eat a wide variety of whole plant foods daily to meet the guidelines. Women should be aiming for at least 25 g per day, while men should aim for 38 g per day. Below you will find the type and amount of food equal to 10 g of fiber.

Whole Grains

Food	Portion to Equal 10g Fiber
Buckwheat	2 ¼ cups
Corn on the cob	2 cobs
Cooked farro	2 cups
Whole rye bread	3 slices
Multigrain bread	4 slices
Cooked barley	¾ cup
Cooked quinoa	1 ¾ cups
Sorghum	1 ¾ cups
Cooked brown rice	3 ½ cups
Cooked white rice	8 cups
Rolled oats	2 cups
Cooked steel cut oats	1 ½ cups
Bran	½ cups

Legumes

Food	Portion
Cooked black beans	⅔ cup
Baked beans	1 cup
Cooked cannellini beans	1 cup
Cooked chickpeas	1 cup
Chickpea pasta	4 oz.
Cooked edamame	1 ¼ cups
Lentils	1 cup
Cooked mixed beans	1 cup
Cooked peas	1 cup
Cooked lima beans	¾ cup
Lupini beans	1 cup + a couple tablespoons
Cooked navy beans	½ cup
Cooked pinto Beans	1 cup
Cooked roman beans	⅔ cup

Nuts and Seeds

Food	Portion
Chia seeds	3 tbsps
Almonds	3 oz.
Hemp hearts	½ cup
Flax seeds	¼ cup
Pecans	¾ cup
Pistachios	3 ½ oz
Peanuts	1 cup
Sunflower seeds	¾ cup

Fruits

Food	Portion
Blackberries	1 ⅓ cups
Bananas	3 ½
Apples	3 ½ medium
Dried apricots	10
Dried Figs	3 oz.
Prunes	14

Fruits (cont'd)

Food	Portion
Oranges	3
Raspberries	1 ¼ cups
Pears	2 medium
Strawberries	3 ⅓ cups

Vegetables

Food	Portion
Acorn squash	1 ⅛ cups
Artichokes	1 ½ medium
Asparagus	20 spears
Collard greens	1 ⅓ cups
Cooked cabbage	2 cups
Cooked carrots	2 cups
Cooked broccoli	3 cups
Butternut squash	1 ½ cups
Okra	2 ½ cups
Pumpkin	3 ½ cups

Vegetables (cont'd)

Food	Portion
Steamed mixed veggies	3 cups
Steamed spinach	1 cup
Cooked sweet potato	2 cups
Turnip greens	2 cups
Avocado	⅔ of one

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