

Fiber Counter grams (g)



FRUITS

<input type="checkbox"/> Raspberries* (1 cup)	8
<input type="checkbox"/> Blackberries* (1 cup)	7.6
<input type="checkbox"/> Pears* (medium)	5.5
<input type="checkbox"/> Apple* (medium)	4.8
<input type="checkbox"/> Orange (medium)	3.7
<input type="checkbox"/> Blueberries* (1 cup)	3.6
<input type="checkbox"/> Banana (medium)	3.2
<input type="checkbox"/> Strawberries* (1 cup)	3

WHOLE GRAINS

<input type="checkbox"/> WG Cereal (1/2 cup)	7.5
<input type="checkbox"/> Popcorn (3 cups)	5.8
<input type="checkbox"/> Quinoa (1/2 cup)	2.5
<input type="checkbox"/> Barley* (1/2 cup)	4.1
<input type="checkbox"/> Oatmeal (1/2 cup)	4
<input type="checkbox"/> WW bread (slice)	3
<input type="checkbox"/> WW tortilla	2.8
<input type="checkbox"/> Brown rice (1/2 cup)	2

BEANS/LEGUMES

<input type="checkbox"/> Navy beans* (1/2 cup)	9.6
<input type="checkbox"/> Lentils (1/2 cup)	7.8
<input type="checkbox"/> Pinto beans* (1/2 cup)	7.8
<input type="checkbox"/> Black beans* (1/2 cup)	7.6
<input type="checkbox"/> Chickpeas	6.3
<input type="checkbox"/> White beans	5.7
<input type="checkbox"/> Soybeans*†	5.2
<input type="checkbox"/> Green peas (1/2 cup)	4.4

VEGETABLES

<input type="checkbox"/> Artichoke* (1/2 cup)	4.8
<input type="checkbox"/> Kale, cooked (1 cup)	4.7
<input type="checkbox"/> Spinach* cooked (1 cup)	4.3
<input type="checkbox"/> Carrots* (1 cup) raw	3.6
<input type="checkbox"/> Brussels sprouts (1/2 cup)	3.2
<input type="checkbox"/> Sweet potato (1/2 cup)	3.1
<input type="checkbox"/> Beets/celery	2.8
<input type="checkbox"/> Broccoli* cooked (1/2 cup)	2.6

NUTS & SEEDS

<input type="checkbox"/> Pumpkin seeds* (1 oz)	5.4
<input type="checkbox"/> Almonds (1 oz)	3.6
<input type="checkbox"/> Sunflower seeds (1 oz)	3.2
<input type="checkbox"/> Pine nuts (1 oz)	3
<input type="checkbox"/> Pistachio (1 oz)	3
<input type="checkbox"/> Flax*† (ground, 1 Tbsp)	2.8
<input type="checkbox"/> Chia seeds* (1 Tbsp)	4
<input type="checkbox"/> Walnuts* (1 oz)	1.9

OTHER/POLYPHENOL

<input type="checkbox"/> Dark chocolate	
<input type="checkbox"/> Chestnuts	
<input type="checkbox"/> Pecans	
<input type="checkbox"/> Green/black olives	
<input type="checkbox"/> Red onion	
<input type="checkbox"/> Tempeh	
<input type="checkbox"/> Coffee/green tea	
<input type="checkbox"/> Elderberries	

*high in polyphenols, †high in phytoestrogen/2020 Dietary Guidelines/<http://phenol-explorer.eu/reports/Midife> Strong Substack