

TOP HIGH FIBER FOODS

From Highest to Lowest Fiber Content



Chia Seeds: 34.4g



Flax Seeds: 27.3g



Wheat Bran 24.8g



Popcorn 14.5g



Almonds 12.5g



Sunflower Seeds 11.g



Dark Chocolate 10.9g



Oats 10.6g



Navy Beans 10.5g



Pistachio Nuts: 10.3g



Dried Figs: 9.8g



Hazelnuts: 9.7g



Coconut (shredded) 9g



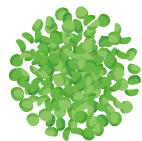
Black Beans: 8.7g



Artichokes: 8.6g



Peanuts: 8.5g



Split Peas: 8.3g



Lentils: 7.9g



Chickpeas: 7.6g



Prunes: 7.1g



Avocado: 6.7g



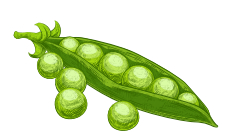
Walnuts: 6.7g



Raspberries: 6.5g



Kidney Beans: 6.0g



Green Peas: 5.5g



Edamame: 5.2g



Bulgur: 4.5g



Brussels Sprouts: 4.1g



Pomegranate Seeds: 4g



Barley: 3.8g



Pumpkin: 3.4g



Green Beans: 3.4g



Sweet Potato: 3.3g



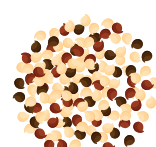
Cashews: 3.3g



Pear (with skin): 3.1g



Turnip: 3.1g



Quinoa: 2.8g



Cabbage: 2.8g



Beets: 2.8g



Carrots: 2.8g

Fiber Values per 100g

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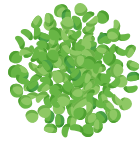
From Highest to Lowest Fiber Content



Artichokes
Avg Serve: 120g 1 Med
Fiber: 10.3g



Navy Beans
Avg Serve: 1/2 cup
Fiber: 9.5g



Split Peas
Avg Serve: 1/2 cup
Fiber: 8.3g



Pumpkin
Avg Serve: 1 cup
Fiber: 8.3g



Bulgur
Avg Serve: 1 cup
Fiber: 8.2g



Lentils
Avg Serve: 1/2 cup
Fiber: 7.9g



Black Beans
Avg Serve: 1/2 cup
Fiber: 7.8g



Wheat Bran
Avg Serve: 1/4 cup
Fiber: 7.4g



Chickpeas
Avg Serve: 1/2 cup
Fiber: 6.8g



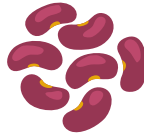
Avocado
Avg Serve: 1/2 fruit
Fiber: 6.7g



Barley
Avg Serve: 1 cup
Fiber: 6.0g



Pear (with skin)
Avg Serve: 1 medium
Fiber: 5.5g



Kidney Beans
Avg Serve: 1/2 cup
Fiber: 5.4g



Quinoa
Avg Serve: 1 cup
Fiber: 5.2g



Green Peas
Avg Serve: 1/2 cup
Fiber: 4.4g



Apple (with skin)
Avg Serve: 1 Med
Fiber: 4.4g



Green Beans
Avg Serve: 1 cup
Fiber: 4.3g



Oats
Avg Serve: 1/2 cup
Fiber: 4.2g



Edamame
Avg Serve: 1/2 cup
Fiber: 4.2g



Cabbage
Avg Serve: 1 cup
Fiber: 4.2g



Dried Figs
Avg Serve: 1/4 cup
Fiber: 3.9g



Mushrooms
Avg Serve: 1 cup
Fiber: 3.9g



Sweet Potato
Avg Serve: 1 med
Fiber: 3.8g



Beets
Avg Serve: 1 cup
Fiber: 3.8g



Dried Prunes
Avg Serve: 1/4 cup
Fiber: 3.6g



Brussels Sprouts
Avg Serve: 1 cup
Fiber: 3.6g



Almonds
Avg Serve: 30g
Fiber: 3.5g



Pomegranate Seeds
Avg Serve: 1/2 cup
Fiber: 3.5g



Blueberries
Avg Serve: 1 cup
Fiber: 3.5g



Chia Seeds
Avg Serve: 1 tbsp
Fiber: 3.4g



Raspberries
Avg Serve: 1/2 cup
Fiber: 3.2g



Sunflower Seeds
Avg Serve: 28g
Fiber: 3.1g



Bananas
Avg Serve: 1 med
Fiber: 3.1g



Oranges
Avg Serve: 1 med
Fiber: 3.1g



Dark Chocolate (85%)
Avg Serve: 28g
Fiber: 3.0g

Fiber Values per Average Serve Size

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