



San Antonio Colon and Rectal Clinic

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High Fiber Foods

Fruit

Apple

Serving Size: 1 medium
Fiber: 2.5g

Apple w/ skin

Serving Size: 1 medium
Fiber: 5.1g

Apricot

Serving Size: 3 medium
Fiber: 1.0g

Apricot (dried)

Serving Size: 3 medium
Fiber: 2.8g

Avocado

Serving Size: 1 medium
Fiber: 11.8g

Banana

Serving Size: 1 medium
Fiber: 3.1g

Blueberries

Serving Size: 1 cup
Fiber: 3.5g

Cantaloupe (cubes)

Serving Size: 1 cup
Fiber: 1.3g

Figs (dried)

Serving Size: 2 medium
Fiber: 3.7g

Grapefruit

Serving Size: ½ medium
Fiber: 6.1g

Orange

Serving Size: 1 medium
Fiber: 3.1g

Peach

Serving Size: 1 medium
Fiber: 2.0g

Peaches (dried)

Serving Sizes: 3 pieces
Fiber: 3.2g

Pear w/ skin

Serving Size: 1 medium
Fiber: 5.1g

Prunes

Serving Size: 1 cup
Fiber: 13.5g

Plum

Serving Size: 1 medium
Fiber: 1.0g

Raisins

Serving Size: 1.5 oz. box
Fiber: 1.6g

Raspberries

Serving Size: 1 cup
Fiber: 8.0g

Strawberries

Serving Size: 1 cup
Fiber: 3.3g

Tomato

Serving Size: 1 medium
Fiber: 1.0g

Grains, Cereal & Pasta

Barley, pearled, cooked

Serving Size: 1 cup
Fiber: 6.0g

Bran Flakes

Serving Size: ¾ cup
Fiber: 5.1g

Bread (whole wheat)

Serving Size: 1 slice
Fiber: 1.9g

Bread (rye)

Serving Size: 1 slice
Fiber: 1.9g

Brown Rice (cooked)

Serving Size: 1 cup
Fiber: 3.5g

Oat Bran Muffin

Serving Size: 1 medium
Fiber: 5.2g

Oatmeal (cooked)

Serving Size: 1 cup
Fiber: 4.0g

Popcorn

Serving Size: 3 cups
Fiber: 3.6g

Spaghetti, whole wheat (cooked)

Serving Size: 1 cup
Fiber: 6.3G

Nuts, Seeds & Legumes

Almond

Serving Size: 1 oz
Fiber: 3.8g

Black Beans (cooked)

Serving Size: 1 cup
Fiber: 15.0g

Baked Beans (cooked)

Serving Size: 1 cup
Fiber: 10.4g

Cashews

Serving Size: 1 oz
Fiber: 1.0g



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High Fiber Foods

Flax Seed

Serving Size: 3 tbs
Fiber: 7.0g

Lentils (cooked)

Serving Size: 1 cup
Fiber: 15.6g

Lima Beans (cooked)

Serving Size: 1 cup
Fiber: 13.2g

Peanuts

Serving Size: 1 oz
Fiber: 2.3g

Pecans

Serving Size: 1 oz
Fiber: 2.7g

Pinto Beans

Serving Size: ½ cup
Fiber: 7.4g

Pistachios

Serving Size: 1oz
Fiber: 2.9g

Split Peas (cooked)

Serving Size: 1 cup
Fiber: 16.3g

Sunflower Seeds

Serving Size: ¼ cup
Fiber: 3.6g

Walnuts

Serving Size: 1 oz
Fiber: 3.1g

Vegetables

Artichoke (cooked)

Serving Size: 1 medium
Fiber: 10.3g

Asparagus

Serving Size: ½ cup
Fiber: 1.4g

Beets (cooked)

Serving Size: 1 cup
Fiber: 2.9g

Broccoli (boiled)

Serving Size: 1 cup
Fiber: 5.1g

Brussel Sprouts (cooked)

Serving Size: 1 cup
Fiber: 4.1g

Cabbage (cooked)

Serving Size: 1 cup
Fiber: 4.2g

Carrot (raw)

Serving Size: 1 medium
Fiber: 1.7g

Carrot (cooked)

Serving Size: 1 cup
Fiber: 5.3g

Cauliflower (cooked)

Serving Size: 1 cup
Fiber: 3.4g

Corn, sweet (cooked)

Serving Size: 1 cup
Fiber: 4.6g

Green Beans

Serving Size: 1 cup
Fiber: 4.0g

Onions (raw)

Serving Size: 1 cup
Fiber 2.9g

Peas (cooked)

Serving Size: 1 cup
Fiber: 8.8g

Potato w/skin (baked)

Serving Size: 1 medium
Fiber: 4.0g

Spinach (cooked)

Serving Size: 1 cup
Fiber: 4.3g

Sweet Potato (cooked)

Serving Size: 1 cup
Fiber: 5.9g

Zucchini (cooked)

Serving Size: 1 cup
Fiber: 2.6g