



Good sources of fiber

Eat the fiber every day to help keep your blood sugar in check, promote a healthy heart, keep you feeling full, and have regular bowel movements!

Recommended amount of fiber to eat each day:

women
















Age 30 and younger: 28 g
Ages 31-50: 25 g
Over 50: 22 g

men



Age 30 and younger: 34 g
Ages 31-50: 31 g
Over 50: 28 g

	Food	Serving size	Grams of fiber per serving	
	Apple (with skin)	1 small	3 g	
	Artichoke heart (canned)	1 medium	5 g	
	Avocado (raw)	1/3 medium	3 g	
	Beet (cooked)	1 small	2 g	
	Black beans (cooked)	1/4 cup	4 g	
	Blackberries (fresh)	3/4 cup	5 g	
	Blueberries (fresh)	3/4 cup	3 g	
	Broccoli (cooked)	1/2 cup	1 g	
	Brussel sprouts (cooked)	1/2 cup	2 g	
	Carrots (cooked)	1/2 cup	2 g	
	Collard greens (cooked)	1/2 cup	4 g	
	Chia seeds (ground)	2 Tbsp	11g	
	Chickpeas (canned)	1/2 cup	8 g	
	Green beans (cooked)	1/2 cup	2 g	
	Lentils (cooked)	1/2 cup	8 g	
	Navy beans (cooked)	1/4 cup	5 g	
	Oats (cooked)	1/2 cup	3 g	
	Orange (fresh)	1 small	3 g	
	Parsnips (cooked)	3/4 cup	4 g	
	Pinto beans (cooked)	1/4 cup	4 g	
	Popcorn (plain)	2 cups	2 g	
	Quinoa (cooked)	3/4 cup	4 g	
	Raspberries (raw)	1 cup	8 g	
	Refried beans (canned)	1/2 cup	4 g	
	Winter squash (cooked)	1 cup	5 g	