

# Foods highest in

# Fiber

"Day%" is the % of the amount required each day; this is in "oz" (ounces) of each food. "oz" of each food is the amount that contains 100 calories. "Score" is total of all nutrient score - 165 is average.

"Day%" is based upon a

**30 g**

nominal daily value.

<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>	<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>
All-Bran with fiber	87%	1098	1.8	52	Collards	40%	1611	11.8	333
Fiber One	79%	519	1.8	50	Grape leaves	39%	998	3.8	108
Lemons, with peel	78%	716	17.6	500	Fennel seed	38%	321	1.0	29
Lemon peel	75%	479	7.5	213	Artichokes	38%	293	7.5	213
Cinnamon	69%	515	1.4	38	Peppermint, fresh	38%	556	5.0	143
Toasted Wheat Bran	69%	819	1.8	50	Caraway seeds	38%	254	1.1	30
Wheat bran, crude	66%	677	1.6	46	All-Bran Original	38%	1025	1.4	38
Endive	61%	1482	20.7	588	Swamp cabbage	37%	1506	18.6	526
Chicory greens	58%	1726	15.3	435	Parsley, dried	37%	903	1.3	36
All-Bran Buds	57%	874	1.4	40	Green beans	37%	393	11.4	323
Beet greens	56%	1964	16.0	455	Orange peel	36%	274	3.6	103
Savory	56%	450	1.3	37	Chili powder	36%	497	1.1	32
Dried basil	54%	866	1.4	40	Rosemary, fresh	36%	281	2.7	76
Spearmint, fresh	52%	838	8.0	227	Cloves	35%	581	1.1	31
Sauerkraut, canned	51%	269	18.6	526	Spearmint, dried	35%	762	1.2	35
Marjoram, dried	50%	659	1.3	37	Black pepper	35%	316	1.4	39
Basil	48%	1751	13.1	370	Okra	34%	671	11.4	323
Eggplant	47%	279	14.7	417	Curry powder	34%	323	1.1	31
Coriander seed	47%	242	1.2	34	Cabbage	33%	497	14.1	400
Oregano, dried	47%	519	1.2	33	Fennel bulbs	33%	254	11.4	323
Capers, canned	46%	-147	15.3	435	Radishes	33%	356	22.0	625
Thyme, fresh	46%	695	3.5	99	Cauliflower	33%	566	14.1	400
Thyme, dried	45%	869	1.3	36	Cranberries	33%	156	7.7	217
Kohlrabi	44%	510	13.1	370	Turnip greens	33%	1791	11.0	313
Paprika	43%	763	1.2	35	Celery	33%	422	22.0	625
Rosemary, dried	43%	274	1.1	30	Cocoa, dry powder	33%	212	1.2	33
Sage	43%	554	1.1	32	POST 100% BRAN	33%	320	1.2	35
Mustard greens	42%	2403	13.6	385	Gooseberries	33%	204	8.0	227
Raspberries	42%	234	6.8	192	Lemons	32%	318	12.2	345
Romaine lettuce	41%	1566	20.7	588	Elderberries	32%	176	4.8	137
Blackberries	41%	285	8.2	233	Spinach	32%	2601	15.3	435
Broccoli raab	41%	1267	16.0	455	Limes	31%	222	11.8	333
Coriander (cilantro) leaves	41%	1762	15.3	435	Lambsquarters, raw	31%	1219	8.2	233

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Parsley	31%	2925	9.8	278	Zucchini	23%	553	22.0	625
Kumquats	31%	151	5.0	141	Summer squash	23%	546	22.0	625
Cardamom	30%	525	1.1	32	Horseradish	23%	148	7.3	208
White pepper	30%	171	1.2	34	Carrots	23%	1011	8.6	244
Brussels sprouts	29%	692	8.2	233	Tomatoes, ripe	22%	416	19.6	556
Green leaf lettuce	29%	1957	23.5	667	Rice bran	22%	600	1.1	32
Lentils	29%	229	1.0	28	Oyster mushrooms	22%	429	10.1	286
Iceberg lettuce	29%	410	25.2	714	Parsnips	22%	190	4.7	133
Rhubarb	29%	325	16.8	476	Beets	22%	205	8.2	233
Pears, asian	29%	60	8.4	238	Turnips	21%	231	12.6	357
Red/cayenne pepper	29%	541	1.1	31	Arugula	21%	825	14.1	400
Pumpkin, canned	28%	1139	10.4	294	Peas	21%	285	4.4	123
Green bell peppers	28%	738	17.6	500	Oat bran	21%	330	1.4	41
Boston lettuce	28%	1299	27.1	769	Strawberries	21%	359	11.0	313
Swiss chard	28%	2849	18.6	526	Podded peas	21%	492	8.4	238
Spinach, canned	28%	1280	18.6	526	Enoki mushrooms	20%	270	8.0	227
Bay leaf spice	28%	368	1.1	32	Sprouted mung beans	20%	395	11.8	333
Asparagus	28%	586	14.1	400	Ground tumeric	20%	284	1.0	28
Chives	28%	1205	11.8	333	Great northern beans	20%	218	1.0	29
Pimento, canned	28%	884	15.3	435	Crushed tomatoes, canned	20%	310	11.0	313
Sprouted alfalfa seeds	28%	496	15.3	435	Tomatillos	20%	212	11.0	313
Allspice	27%	178	1.3	38	Tomatoes, canned	20%	296	20.7	588
Bamboo shoots	27%	393	13.1	370	Portabella mushrooms	19%	593	13.6	385
Red bell peppers	27%	1071	13.6	385	Red leaf lettuce	19%	1603	22.0	625
Pumpkin pie mix, canned	27%	260	3.4	96	Cowpeas (blackeyes)	19%	223	3.9	111
Guavas	26%	526	5.2	147	Complete Wheat Bran	18%	1194	1.1	31
Dandelion greens	26%	849	7.8	222	Dill weed, dried	18%	458	1.4	40
Chia seeds, dried	26%	109	0.7	20	Bulgur	18%	137	1.0	29
Chinese cabbage (bok choy)	26%	1749	27.1	769	Pears	18%	37	6.1	172
Broccoli	25%	748	10.4	294	Flaxseeds	17%	158	0.7	19
Split peas	25%	192	1.0	29	Oranges	17%	205	7.5	213
Kidney beans	25%	217	1.1	30	Tomato paste	17%	243	4.3	122
White beans	25%	214	1.0	30	Yellow mustard	16%	298	5.3	149
Cranberry beans	25%	224	1.1	30	Kiwi	16%	287	5.8	164
Fava beans	24%	218	1.0	29	Barley	16%	143	1.0	28
Yellow beans	24%	211	1.0	29	Dill weed	16%	1166	8.2	233
Rutabagas	23%	251	9.8	278	Wheatena	16%	130	6.3	179
Dill seed	23%	250	1.2	33	Chickpeas (garbanzo)	16%	194	1.0	27

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Sun-dried tomatoes	16%	211	1.4	39	Bread stuffing dry mix	12%	86	0.9	26
Mung beans	16%	218	1.0	29	Wheat germ, crude	12%	416	1.0	28
Avocados	16%	130	2.9	83	Taro	12%	122	3.1	89
Papayas	15%	318	9.0	256	Clementines	12%	167	7.5	213
Apples	15%	23	6.8	192	Hummus	12%	113	2.1	60
Pork and beans, canned	15%	120	2.7	78	MultiGrain Oatmeal	12%	121	1.1	30
White mushrooms	15%	629	16.0	455	Ground ginger	12%	490	1.0	29
Watercress	15%	2843	32.1	909	Shredded wheat	12%	136	1.0	30
Navy beans	15%	218	1.0	29	Sweet potato	12%	436	4.1	116
Pinto beans	15%	206	1.0	29	Yams	12%	118	3.0	85
Black beans	15%	198	1.0	29	Acerola West Indian cherry	11%	5971	11.0	313
Lima beans	14%	252	3.1	88	Garden cress	11%	1639	11.0	313
Anise seed	14%	222	1.0	30	Grapefruit	11%	228	11.0	313
Ground mace	14%	111	0.7	21	Puffed Wheat	11%	25	1.1	30
Onions	14%	113	8.8	250	Tangerines, mandarin oranges	11%	124	6.7	189
Blueberries	14%	89	6.2	175	Sweet red cherries	11%	41	5.6	159
Avocados raw	14%	142	2.2	63	Cucumber	11%	264	23.5	667
Apricots raw	14%	188	7.3	208	Baking chocolate	11%	144	0.7	20
Kashi GoLean Crunch	13%	46	0.9	27	Sour red cherries	11%	119	7.1	200
Salsify, (vegetable oyster)	13%	127	4.3	122	Sweet yellow corn	10%	139	4.1	116
Kale	13%	1747	7.1	200	Mustard seed	10%	222	0.8	21
Ground nutmeg	13%	44	0.7	19	Chinese waterchestnuts	10%	117	3.6	103
Mulberries	13%	188	8.2	233	Plums	10%	72	7.7	217
Toasted wheat germ	13%	521	0.9	26	Apricots dried	10%	68	1.5	41
Figs	13%	44	4.8	135	Seaweed, kelp	10%	429	8.2	233
Shiitake mushrooms	13%	356	1.2	34	Celery seeds	10%	307	0.9	26
Nectarines	13%	98	8.0	227	Garlic powder	10%	141	1.1	30
Adzuki beans	13%	216	1.1	30	Dried plums	10%	44	1.5	42
Peaches	13%	104	9.0	256	Leeks	10%	274	5.8	164
Raisin Bran Cereal	13%	325	1.1	32	Total Raisin Bran	10%	648	1.1	32
Sprouted mung beans, cooked	13%	397	16.8	476	Bananas	10%	82	4.0	112
Chili peppers	13%	693	8.8	250	Pineapple	10%	243	7.3	208
Popcorn, air-popped	12%	91	0.9	26	Buckwheat	10%	131	1.0	29
Wheat	12%	121	1.0	29	Stewed prunes	10%	32	3.3	93
Coriander leaf, dried	12%	913	1.3	36	Potatoes with skin	10%	146	4.6	130
Complete Oat Bran Flakes	12%	1118	1.0	29	Soybeans, green	10%	239	2.4	68
Pink beans	12%	206	1.0	29	Dates	9%	6	1.3	35
Poultry seasoning	12%	392	1.1	33	Pears in syrup, canned	9%	-4	6.2	175

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Cumin seed	9%	279	0.9	27	Seaweed, agar	6%	359	13.6	385
Applesauce	9%	9	8.2	233	Pumpkin	6%	857	13.6	385
Olives, canned	9%	61	3.1	87	Plantains	6%	77	2.9	82
Mangos	9%	111	5.4	154	Poppy seed	6%	192	0.7	19
Whole-wheat bread	9%	147	1.4	40	Mashed potato flakes	6%	116	1.0	28
Oats	9%	165	0.9	26	Sorghum	6%	57	1.0	29
Wheaties	9%	436	1.0	27	Pistachio nuts	6%	126	0.6	18
Miso	9%	54	1.8	50	Sunflower seed kernels	6%	220	0.6	18
Total cereal	9%	1153	1.1	30	Peaches in syrup, canned	6%	6	4.8	135
Cantaloupe	9%	395	10.4	294	Wild rice	6%	128	1.0	28
Corn flour, enriched	9%	145	1.0	27	Oat bran muffins	6%	138	1.3	37
Meatball and pasta, canned	9%	95	3.4	97	Pinyon nuts, dried	6%	103	0.6	16
Pumpernickel bread	9%	124	1.4	40	Litchis, dried	6%	92	1.3	36
7-grain bread	8%	144	1.4	40	Baby oatmeal, dry	6%	268	0.9	25
Veggie Dog	8%	17	2.6	75	Soy protein isolate	6%	331	1.0	30
Cheerios	8%	368	1.0	27	Onion powder	5%	86	1.0	29
Taragon, dried	8%	434	1.2	34	Potatoes, no skin	5%	113	3.8	108
Ginger root	8%	108	4.4	125	Quinoa	5%	128	0.9	27
Soy milk	8%	274	6.8	192	Hazelnuts or filberts	5%	162	0.6	16
Multi-Grain Cheerios	8%	952	0.9	26					
Grape-Nuts Cereal	8%	142	1.0	28					
Boston brown bread, canned	8%	91	1.8	51					
Soyburger	8%	171	1.8	52					
Tomato juice	8%	401	20.7	588					
Millet	7%	107	0.9	26					
Rye bread	7%	111	1.4	39					
Lipton onion soup mix	7%	-115	1.3	38					
Soybeans	7%	264	0.8	24					
Honeydew melons	7%	110	9.8	278					
Italian (Crimini) mushrooms	7%	606	13.1	370					
Whole wheat hard pretzels	7%	105	1.0	28					
Smart Start Soy Protein	7%	541	1.0	27					
Chestnuts, european	7%	101	1.4	41					
Sesame seeds	7%	180	0.6	17					
Almonds	7%	154	0.6	17					
Tomato soup	7%	88	5.9	167					
Manhattan clam chowder	7%	201	5.8	164					
Maraschino cherries	6%	-24	2.1	61					