



35 HIGH FIBER VEGGIES

Vegetable, Serving size, Fiber (g)

Green peas, 1 cup, 8.3 g
Sweet potato, 1 cup, 6.3 g
Kohlrabi, cooked, 1 cup, 6.1 g
Kale, cooked, 1 cup, 5.7 g
Parsnips, 9" piece, 5.6 g
Artichokes, 1 med, 5.5 g
Banana peppers, 1 cup, 5.1 g
Succotash, 1 cup, 4.9 g
Hubbard squash, 1 cup, 4.5 g
Eggplant, cooked, 1 cup, 4.1 g
Russet potato, 1 med, 4 g
Sauerkraut, 1 cup, 3.9 g
Beets, 1 cup, 3.8 g
Carrots, cooked, 1 cup, 3.7 g
Broccoli, cooked, 1 cup, 3.5 g
Brussels sprouts, 1 cup, 3.4 g
Okra, 1 cup, 3.2 g
Butternut squash, 1 cup, 2.8 g

Asparagus, 1 cup 2.8 g
Green beans, 1 cup, 2.7 g
Cauliflower, cooked, 1 cup, 2.7 g
Onions, cooked, 1 cup, 2.6 g
Kimchi, 1 cup, 2.4 g
Acorn squash, 1 cup, 2.1 g
Red bell peppers, 1 cup, 1.9 g
Shiitake mushrooms 1 cup, 1.9 g
Radishes, 1 cup, 1.8 g
Bok choy, cooked, 1 cup, 1.7 g
Endive, 1 cup, 1.6 g
Leeks, 1 leek, 1.6 g
Collards, cooked, 1 cup, 1.4 g
Zucchini, cooked, 1 cup, 1.2 g
White button mushrooms, 1 cup, 0.7 g
Spinach, 1 cup, 0.6 g
Green leaf lettuce, 1 cup, 0.5 g