

# 35 HIGHEST FIBER FRUITS

Fruits	Serving Size	Fiber (gm)
Figs, dried	1 cup	16
Avocado	1 medium	10
Raspberries	1 cup	10
Guava	1 cup	9
Cranberries, dried	1 cup	9
Blackberries	1 cup	8
Pomegranate	1 cup	7
Raisins	1 cup	7
Kumquat	5 each	6
Papaya	1 fruit	6
Persimmons, raw	1 each	6
Kiwi	1 cup	5
Apple	1 medium	4
Blueberries	1 cup	4
Goji berries, dried	1 oz	4
Pear	1 cup	4
Figs, raw	2 each	3

Fruits	Serving Size	Fiber (gm)
Mango, raw	1 cup	3
Apricots, raw	1 cup	3
Strawberries	1 cup	3
Cherries	1 cup	3
Oranges	1 fruit	3
Starfruit	1 medium	3
Jackfruit, sliced	1 cup	3
Banana	1 medium	2
Nectarine	1 medium	2
Pineapple	1 cup	2
Peach	1 medium	2
Grapefruit	½ fruit	2
Prunes, dried	3 each	2
Passion fruit	1 fruit	2
Cantaloupe	1 cup	1
Plum	1 fruit	1
Grapes	1 cup	1
Watermelon	1 cup	0.6

The Geriatric Dietitian