

Soluble Fiber Foods Chart

Fruits

Figs (dried), 3 medium	3 gm
Grapefruit, ½ large fruit	2.4 gm
Kiwi, 1 large	2.4 gm
Banana, 1 medium	2.1 gm
Orange, 1 medium	2.1 gm
Avocado, ½ fruit	2 gm
Apricots (dried), 4 medium	1.8 gm
Raspberries, 1 cup	1.8 gm
Strawberries, 1 cup	1.8 gm
Prunes, 4 medium	1.3 gm

Grains

Wheat bran, ¼ cup	5.7 gm
Whole grain pasta, 1 cup	4.1 gm
Barley (cooked), ½ cup	3.3 gm
Popcorn (air-popped), 3 cups	3.2 gm
Whole-grain bread, 1 slice	2.8 gm
Oatmeal (cooked), 1 cup	2.4 gm
Oat bran (cooked), ¾ cup	2.2 gm
Rye bread, 1 slice	1.9 gm
Quinoa (cooked), ½ cup	1.7 gm
Whole wheat bread, 1 slice	1.6 gm

Vegetables

Artichoke (cooked), 1 medium	4.7 gm
Green peas (cooked), ½ cup	3.2 gm
Edamame, ½ cup	2.7 gm
Sweet potato (peeled), 1 medium	2.7 gm
Potato (with skin), 1 medium	2.4 gm
Kale (cooked), 1 cup	2.1 gm
Lima beans (cooked), ½ cup	2.1 gm
Asparagus (cooked), ½ cup	1.7 gm
Brussels sprouts (cooked), 1 cup	1.7 gm
Zucchini (cooked), ½ cup	1.4 gm

Beans & Legumes

Pinto beans (cooked), ½ cup	5.5 gm
Black beans (cooked), ½ cup	3.8 gm
Kidney beans (cooked), ½ cup	2.9 gm
Lentils (cooked), ½ cup	2.8 gm
Chickpeas, ½ cup	1.2 gm

Nuts & Seeds

Psyllium seeds, 2 Tbsp	7.1 gm
Flaxseed (ground), 2 Tbsp	3 gm
Peanuts, 1 oz	1.1 gm
Peanut butter, 2 Tbsp	1.1 gm
Sunflower seeds, ¼ cup	1.1 gm
Almonds, 1 oz	0.7 gm