

High-Fiber Food Chart

Legumes & Pulses

Split peas (cooked) – 1 cup
• Soluble: 8 g | Insoluble: 8 g

Lentils (cooked) – 1 cup
• Soluble: 7 g | Insoluble: 8 g

Black beans (cooked) – 1 cup
• Soluble: 5 g | Insoluble: 10 g

Chickpeas (cooked) – 1 cup
• Soluble: 4 g | Insoluble: 8 g

Navy beans (cooked) – 1 cup
• Soluble: 6 g | Insoluble: 9 g

Kidney beans (cooked) – 1 cup
• Soluble: 5 g | Insoluble: 8 g

Pinto beans (cooked) – 1 cup
• Soluble: 4 g | Insoluble: 7 g

Edamame (cooked) – 1 cup
• Soluble: 3 g | Insoluble: 5 g

Green peas (cooked) – 1 cup
• Soluble: 4 g | Insoluble: 5 g

Fruits

Raspberries – 1 cup
• Soluble: 3 g | Insoluble: 5 g

Blackberries – 1 cup
• Soluble: 3 g | Insoluble: 4 g

Pear (with skin) – 1 medium
• Soluble: 3 g | Insoluble: 3 g

Apple (with skin) – 1 medium
• Soluble: 2 g | Insoluble: 2 g

Avocado – ½ fruit
• Soluble: 2 g | Insoluble: 5 g

Figs (dried) – ¼ cup
• Soluble: 2 g | Insoluble: 4 g

Whole Grains

Barley (cooked) – 1 cup
• Soluble: 6 g | Insoluble: 4 g

Oats (cooked) – 1 cup
• Soluble: 3 g | Insoluble: 1 g

Quinoa (cooked) – 1 cup
• Soluble: 1 g | Insoluble: 4 g

Bulgur (cooked) – 1 cup
• Soluble: 2 g | Insoluble: 6 g

Farro (cooked) – 1 cup
• Soluble: 2 g | Insoluble: 5 g

Brown rice (cooked) – 1 cup
• Soluble: 0.5 g | Insoluble: 3 g

Vegetables

Artichoke (cooked) – 1 medium
• Soluble: 4 g | Insoluble: 6 g

Brussels sprouts (cooked) – 1 cup
• Soluble: 2 g | Insoluble: 4 g

Broccoli (cooked) – 1 cup
• Soluble: 2 g | Insoluble: 3 g

Cauliflower (cooked) – 1 cup
• Soluble: 1 g | Insoluble: 2 g

Sweet potato (with skin) – 1 med
• Soluble: 2 g | Insoluble: 4 g

Carrots (cooked) – 1 cup
• Soluble: 2 g | Insoluble: 3 g

Kale (cooked) – 1 cup
• Soluble: 1 g | Insoluble: 2 g

Spinach (cooked) – 1 cup
• Soluble: 1 g | Insoluble: 2 g

Seeds & Nuts

Chia seeds – 2 tbsp
• Soluble: 4 g | Insoluble: 6 g

Flaxseed (ground) – 2 tbsp
• Soluble: 3 g | Insoluble: 5 g

Hemp seeds – 3 tbsp
• Soluble: 1 g | Insoluble: 2 g

Almonds – ¼ cup
• Soluble: 1 g | Insoluble: 3 g

Pistachios – ¼ cup
• Soluble: 1 g | Insoluble: 2 g

Sunflower seeds – ¼ cup
• Soluble: 1 g | Insoluble: 3 g

Other Foods

Popcorn (air-popped) – 3 cups
• Soluble: 0.5 g | Insoluble: 3 g

Potato (with skin) – 1 medium
• Soluble: 1 g | Insoluble: 3 g

Beets (cooked) – 1 cup
• Soluble: 1 g | Insoluble: 3 g

Turnips (cooked) – 1 cup
• Soluble: 1 g | Insoluble: 3 g

Cabbage (cooked) – 1 cup
• Soluble: 1 g | Insoluble: 2 g

Okra (cooked) – 1 cup
• Soluble: 2 g | Insoluble: 3 g

Chickpea pasta (cooked) – 1 cup
• Soluble: 3 g | Insoluble: 5 g

Psyllium husk – 1 tbsp
• Soluble: 6 g | Insoluble: 1 g

Coconut Flakes – ¼ cup
• Soluble: 1 g | Insoluble: 4 g