

Fiber Content Food Chart

Bulb Vegetables

Garlic 6%
Leek 13%
Onion 18%
Scallion 36%
Shallot 19%



Flower Vegetables

Artichoke (Globe) 51%
Broccoli 40%
Cauliflower 47%
Cucumber 14%
Eggplant 60%
Okra 46%
Pumpkin 8%
Squash (Spaghetti) 21%
Squash (Zucchini) 35%



Fruit Vegetables

Bell pepper 37%
Corn (Yellow) 14%
Olive 51%
Plantain 7%
Squash (Acorn) 14%
Squash (Butternut) 17%
Tomato 31%



Leafy Vegetables

Arugula 43%
Beet Greens 86%
Bok Choy 45%
Brussels Sprouts 42%
Cabbage (Green) 43%
Cabbage (Red) 28%
Cabbage (Savoy) 52%
Chicory Greens 85%
Cilantro 76%
Collard Greens 63%
Dandelion Greens 38%
Endive 91%
Kale 20%
Lettuce (Iceberg) 38%
Lettuce (Romaine) 64%
Mustard Greens 67%
Parsley 52%
Purslane ~
Spinach 61%
Turnip Greens 45%
Watercress 38%



High Fiber, Low Starch/Sugar, High Water
Moderate Fiber, Low Starch/Sugar, High Water
Moderate Fiber, Moderate Starch/Sugar, Moderate Water
Low Fiber, High Starch/Sugar, Low Water

Stem Vegetables

Asparagus 53%
Celery 47%
Fennel 42%
Kohlrabi 58%
Rhubarb 40%
Swiss Chard 43%



Root Vegetables

Beet 29%
Carrot 29%
Cassava 5%
Celeriac 20%
Jicama 56%
Lotus 29%
Parsnip 27%
Radish 46%
Rutabaga (Swede) 31%
Sweet Potato 15%
Turnip 28%



Tuber Vegetables

Artichoke (Jerusalem) 9%
Potato (White) 14%
Taro 15%
Waterchestnut 13%
Yam 15%



Fiber Content Food Chart

Simple Berry Fruit

Avocado 79%
Banana 11%
Blueberry 17%*
Cranberry 38%
Currant 31%
Gooseberry 43%
Grape 5%
Guava 38%
Kiwifruit 23%
Papaya 18%
Passion Fruit 44%
Persimmon (Japanese) 19%
Pomegranate 21%



Simple Drupe Fruit

Acai 50%
Apricot 18%
Cherry (Sweet) 13%
Cherry (Tart) 13%
Litchi/Lychee 8%
Mango 11%
Nectarine 16%
Olive 51%
Peach 15%
Plum 12%



Simple Hesperidium Fruit

Clementine 14%
Grapefruit 13%
Kumquat 41%
Lemon 30%
Lime 27%
Orange 21%
Pomelo 10%
Tangerine 14%



Simple Pepo Fruit

Cantaloupe 10%
Casaba 14%
Honeydew 9%
Watermelon 5%



Simple Pome Fruit

Apple 17%*
Pear 34%



Aggregate Fruit

Blackberry 52%
Raspberry 55%
Strawberry 26%



Multiple Fruit

Date (Deglet Noor) 11%
Date (Medjool) 9%
Durian 14%
Fig 15%
Jackfruit 7%
Pineapple 11%



High Fiber, Low Starch/Sugar, Moderate Water
Moderate Fiber, Moderate Starch/Sugar, Moderate Water
Low Fiber, High Starch/Sugar, Moderate Water

* Blueberries and Apples help balance blood sugar levels.

Fiber Content Food Chart

Seed Vegetables/Legumes*

Alfalfa Sprouts** 90%
 Beans (Adzuki) 29%
 Beans (Black-Eyed) 31%
 Beans (Black Turtle) 37%
 Beans (Cannellini) 32%
 Beans (Cranberry) 41%
 Beans (Fava/Broadbeans) 27%
 Beans (Green/String)** 48%
 Beans (Kidney) 28%
 Beans (Lima) 33%
 Beans (Mungo) 35%
 Beans (Navy) 40%
 Beans (Pinto) 34%
 Beans (Small White) 40%
 Chickpeas 28%
 Lentils 40%
 Peas (Green) 35%
 Peas (Split Yellow) 39%
 Peas (Sugar Snap)** 35%
 Soybeans 61%



Fungi Vegetables

Beech 54%
 Chanterelle 55%
 Crimini 15%
 Enoki 35%
 Maitake 40%
 Morel 55%
 Oyster 35%
 Porcini 37%
 Portabella 29%
 Shiitake 37%
 White 30%



Grains*

Barley 13%
 Corn 11%
 Millet 5%
 Oat (Bran) 23%
 Rice (Brown) 8%
 Rice (White) 1%
 Rice (Wild) 8%
 Rye ~
 Teff 14%
 Wheat (Bulghur) 24%
 Wheat (Couscous) 6%
 Wheat (Kamut) 15%
 Wheat (Spelt) 15%



Pseudograins*

Amaranth 11%
 Buckwheat 14%
 Quinoa 13%

High Fiber, Low Starch/Sugar, Low Water
 Moderate Fiber, Low Starch/Sugar, High Water
 Moderate Fiber, Moderate Starch/Sugar, Low Water
 Low Fiber, High Starch/Sugar, Low Water

* Cooked, mature seeds

~ Incomplete data

**Raw (high in water)