

Dr. Dave's Top 15 High-Fiber Foods

High-Fiber Food	Grams of Fiber	Serving Size
Split Peas	16.3	Cup, cooked
Lentils	15.6	Cup, cooked
Black Beans	15.0	Cup, cooked
Lima Beans	13.2	Cup, cooked
Artichoke	10.3	Medium, Cooked
Sweet Peas	8.8	Cup, cooked
Raspberries	8.0	Cup, raw
Blackberries	7.6	Cup, raw
Bran Flakes	7.0	Cup, raw
Avocado	6.7	Half, raw
Whole-wheat Pasta	6.3	Cup, cooked
Pearled Barley	6.0	Cup, cooked
Pear	5.5	Medium, raw
Broccoli	5.1	Cup, boiled
Brussel Sprouts	4.1	Cup, boiled