

World's Healthiest Foods

Fiber Content

<http://www.whfoods.com/genpage.php?name=nutrient4/18/2010bid=59>

Food	Serving Size	Calories	Amount of Fiber per serving (g)	World's Healthiest Foods Rating
Split peas, cooked	1 cup	231	16	very good
Lentils, cooked	1 cup	230	16	very good
Black beans, cooked	1 cup	227	15	very good
Pinto beans, cooked	1 cup	234	15	very good
Barley, cooked	1 cup	270	14	very good
Lima beans, cooked	1 cup	216	13	very good
Garbonzo beans (chickpeas), cooked	1 cup	269	12	good
Navy beans, cooked	1 cup	258	12	good
Kidney beans, cooked	1 cup	225	11	very good
Soybeans, cooked	1 cup	298	10	good
Green peas, boiled	1 cup	134	9	very good
Raspberries	1 cup	60	8	excellent
Rye, whole grain, uncooked	0.33 cup	189	8	good
Wheat, bulgur, cooked	1 cup	151	8	very good
Figs, fresh	8 oz-wt	168	7	good
Avocado, slices	1 cup	235	7	good
Winter squash, baked, cubes	1 cup	80	6	very good
Papaya	1 each	119	5	good
Flaxseeds	2 tbs	95	5	very good
Collard greens, boiled	1 cup	49	5	excellent
Yam (Dioscorea species), cubed, cooked	1 cup	158	5	good
Turnip greens, cooked	1 cup	29	5	excellent
Broccoli, steamed	1 cup	44	5	excellent
Corn, yellow, cooked	1 cup	177	5	good
Buckwheat, cooked	1 cup	155	5	good
Spelt grains, cooked	4 oz-wt	144	4	good
Spinach, boiled	1 cup	41	4	very good
Olives	1 cup	155	4	good
Sesame seeds	0.25 cup	206	4	good
Brussel sprouts, boiled	1 cup	61	4	very good
Green beans, boiled	1 cup	44	4	very good
Oats, whole grain, cooked	1 cup	145	4	good
Pear	1 each	98	4	good
Blueberries	1 cup	81	4	very good
Apples	1 each	81	4	good
Swiss chard, boiled	1 cup	35	4	excellent
Carrots, raw	1 cup	53	4	very good
Cabbage, shredded, boiled	1 cup	33	3	very good
Beets, Boiled	1 cup	75	3	good
Cauliflower, boiled	1 cup	29	3	excellent
Strawberries	1 cup	43	3	very good

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Sweet potato, baked, with skin	1 each	95	3	good
Oranges	1 each	62	3	very good
Prunes	0.25 cup	102	3	good
Potato, baked, with skin	1 cup	133	3	good
Asparagus, boiled	1 cup	43	3	very good
Onions, raw	1 cup	61	3	very good
Banana	1 each	109	3	good
Mustard greens, boiled	1 cup	21	3	excellent
Fennel, raw, sliced	1 cup	27	3	very good
Chili pepper, dried	2 tsp	26	3	very good
Kale, boiled	1 cup	36	3	very good
Kiwifruit	1 each	46	3	very good
Summer squash, cooked, slices	1 cup	36	3	very good
Shiitake mushrooms, raw	8 oz-wt	87	2	good
Cinnamon, ground	2 tsp	12	2	very good
Eggplant, cooked, cubes	1 cup	28	2	very good
Celery, raw	1 cup	19	2	very good
Cranberries	0.50 cup	23	2	very good
Tomato, ripe	1 cup	38	2	very good
Romaine lettuce	2 cup	16	2	very good
Miso	1 oz	71	2	good
Pineapple	1 cup	76	2	good
Bell peppers, red, raw, slices	1 cup	25	2	very good
Grapefruit	0.50 each	37	2	good
Cloves, dried, ground	2 tsp	14	2	very good
Coriander seeds	2 tsp	10	1	very good
Cantaloupe, cubes	1 cup	56	1	good
Oregano, dried, ground	2 tsp	9	1	very good
Basil, dried, ground	2 tsp	8	1	good
Black pepper	2 tsp	11	1	good
Mustard seeds	2 tsp	35	1	good
Thyme, dried, ground	2 tsp	8	1	good
Plum	1 each	36	1	good
Cayenne pepper, dried	2 tsp	11	1	good
Turmeric, powder	2 tsp	16	1	good
Rosemary, dried	2 tsp	7	1	good
Crimini mushrooms, raw	5 oz-wt	31	1	good
Apricots	1 each	17	1	good
Cucumbers, slices, with peel	1 cup	14	1	good