

High Fiber Foods Chart for Constipation

Client information			
Name:			
Date of birth:			
Sex: Male Female			
Fiber RDI (g/day):			
Food	Standard portion	Calories	Fiber (g)
1. Adzuki beans, cooked	1/2 cup	147	8.4
2. Almonds	1 ounce	164	3.5
3. Apple, with skin	1 medium	104	4.8
4. Artichoke, cooked	1 cup	89	9.6
5. Avocado	1/2 cup	120	5.0
6. Banana	1 medium	112	3.2
7. Barley, pearled, cooked	1/2 cup	97	3.0
8. Black beans, cooked	1/2 cup	114	7.5
9. Black-eyed peas, cooked	1/2 cup	99	5.6
10. Blackberries	1 cup	62	7.6
11. Blueberries, wild	1 cup	80	6.2
12. Broccoli, cooked	1 cup	54	5.2
13. Brussels sprouts, cooked	1 cup	65	6.4
14. Bulgur, cooked	1/2 cup	76	4.1
15. Cabbage, red, cooked	1 cup	41	4.1
16. Carrots, cooked	1 cup	54	4.8
17. Cauliflower, cooked	1 cup	34	4.9
18. Chayote, cooked	1 cup	38	4.5
19. Chickpeas (garbanzo beans), cooked	1/2 cup	135	6.3
20. Chia seeds	1 tablespoon	58	4.1
21. Cranberry beans, cooked	1/2 cup	121	7.6

Food	Standard portion	Calories	Fiber (g)
22. Durian	1 cup	357	9.2
23. Edamame, cooked	½ cup	94	4.1
24. Fava beans, cooked	1/2 cup	94	4.6
25. Figs, dried	1/4 cup	93	3.7
26. French beans, cooked	1/2 cup	114	8.3
27. Green peas, cooked	1 cup	134	8.8
28. Kale, cooked	1 cup	43	4.7
29. Kidney beans, cooked	1/2 cup	113	5.7
30. Lentils, cooked	1/2 cup	115	7.8
31. Lima beans, cooked	1 cup	209	9.2
32. Mung beans, cooked	1/2 cup	106	7.7
33. Navy beans, cooked	1/2 cup	128	9.6
34. Oat bran	1/2 cup	44	2.9
35. Orange	1 medium	73	3.7
36. Parsnips, cooked	1 cup	110	6.2
37. Pear, Asian	1 medium	75	6.5
38. Pear	1 medium	103	5.5
39. Pinto beans, cooked	1/2 cup	123	7.7
40. Popcorn	3 cups	169	5.8
41. Pumpkin, canned	1 cup	83	7.1
42. Raspberries	1 cup	64	8.0
43. Soybeans, cooked	1/2 cup	148	5.2
44. Spinach, cooked	1 cup	41	4.3
45. Spelt, cooked	1/2 cup	123	3.8
46. Split peas, cooked	1/2 cup	116	8.2
47. Strawberries	1 cup	49	3.0
48. Sweet potato, cooked	1 cup	190	6.3
49. Teff, cooked	1/2 cup	128	3.6
50. Yam, cooked	1 cup	158	5.3

Food	Standard portion	Calories	Fiber (g)

Note: The 50 foods compiled here are based from the U.S. Department of Agriculture's Agricultural Research Service, as cited in the Dietary Guidelines for Americans website. These foods are assumed nutrient-dense and prepared with minimal added sugars, saturated fat, or sodium. The portions listed are not serving sizes, and 'standard' portions provide at least 2.8 g of dietary fiber, with 'smaller' portions typically being half. Additionally, consider age and preferences, as some foods, like nuts and popcorn, may not be suitable for everyone.

Reference: Dietary Guidelines for Americans. (n.d.). *Food Sources of Dietary Fiber*.
<https://www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials/food-sources-select-nutrients/food-0>

Additional notes

Clinician name: _____ Date: _____