



TIPS & TRICKS TO GET MORE FIBER



1. Eat vegetables with every meal. Yes, even breakfast.
2. Gradually increase your serving sizes of vegetables. This helps your gut microbiome adjust to higher fiber intake, which makes it easier to digest larger amounts of veggies.
3. Try wilted salads and lightly braised or sautéed greens like spinach. Since they are heated for a very short period of time, much of the fiber remains intact, but they decrease in volume greatly!
4. Add more vegetables to soups, stews and casseroles. Canned pumpkin or pureed cauliflower can be used as a thickener. Spinach is a very neutral flavor and works with most meals. You can even puree greens to add to a soup to make it “disappear”.
5. Choose smoothies over vegetable juices. Remember that these are easier to digest as part of a meal.
6. Raw veggies like celery, carrots and radishes make a great portable snack. Think of ways you can bring veggies “on the road” with you during the day.
7. Add veggies to dessert! Vegetable smoothies freeze into ice pops very well. The Paleo community is embracing vegetable powders as flour alternatives for baking and treats!



FIBER TABLES

PRODUCE NAME	SERVING SIZE	TOTAL FIBER g/100g (Dry Weight)	SOLUBLE FIBER g/100g (Dry Weight)	INSOLUBLE FIBER g/100g (Dry Weight)
<i>Almond butter</i>	1 TBSP	0.6	0.5	0.1
<i>Almonds</i>	1 CUP	15.9	14.3	1.6
<i>Apple, baked with skin, unsweetened</i>	1 MEDIUM	5.4	4	1.4
<i>Apple, dried</i>	1 CUP	7.5	3.4	4.1
<i>Apple, with skin</i>	1 MEDIUM	3.7	2.7	1
<i>Apple, without skin</i>	1 MEDIUM	2.4	1.7	0.7
<i>Applesauce, canned, unsweetened</i>	1 CUP	2.9	2	0.9
<i>Apricot</i>	1 CUP	3.7	1.7	2
<i>Bamboo shoots, canned</i>	1 CUP	1.8	1.3	0.5
<i>Banana</i>	1 MEDIUM	2.8	2.1	0.7
<i>Beet greens, cooked</i>	1 CUP	4.2	2.3	1.9
<i>Beet greens, raw</i>	1 CUP	1.4	1	0.4
<i>Beets, canned</i>	1 CUP	2.9	1.5	1.4
<i>Beets, cooked fresh</i>	1 CUP	3.4	1.4	2
<i>Blackberries</i>	1 CUP	7.6	6.2	1.4
<i>Blueberries</i>	1 CUP	3.9	3.5	0.4
<i>Brazil nuts</i>	1 CUP	7.5	5.7	1.8

PRODUCE NAME	SERVING SIZE	TOTAL FIBER g/100g (Dry Weight)	SOLUBLE FIBER g/100g (Dry Weight)	INSOLUBLE FIBER g/100g (Dry Weight)
<i>Broccoflower (green cauliflower) cooked</i>	1 CUP	2.7	1.5	1.2
<i>Broccoflower (green cauliflower), raw</i>	1 CUP	2	1	1
<i>Broccoli, cooked fresh</i>	1 CUP	4.6	2.3	2.3
<i>Broccoli, cooked frozen</i>	1 CUP	5.5	2.7	2.8
<i>Broccoli, raw</i>	1 CUP	2.6	1.7	0.9
<i>Brussels sprouts, cooked</i>	1 CUP	6.4	2.5	3.9
<i>Cabbage, green, cooked</i>	1 CUP	3.4	1.9	1.5
<i>Cabbage, green, raw</i>	1 CUP	2	1.3	0.7
<i>Cabbage, red, cooked</i>	1 CUP	3	1.7	1.3
<i>Cabbage, red, raw</i>	1 CUP	1.8	1	0.8
<i>Cantaloupe</i>	1 CUP	1.3	1	0.3
<i>Carambola (starfruit)</i>	1 CUP	2.9	1.6	1.3
<i>Carob powder</i>	1 TSP	0.9	0.2	0.7
<i>Carrots, canned</i>	1 CUP	2.2	0.7	1.5
<i>Carrots, cooked fresh</i>	1 CUP	5.2	3	2.2
<i>Carrots, cooked frozen</i>	1 CUP	4.8	2.8	2
<i>Carrots, raw</i>	1 CUP	3.3	1.7	1.6
<i>Cashew butter</i>	1 TBSP	0.3	0.2	0.1
<i>Cashews</i>	1 CUP	4.9	4.5	0.4
<i>Cassava (yuca), cooked</i>	1 CUP	1.5	0.9	0.6

PRODUCE NAME	SERVING SIZE	TOTAL FIBER g/100g (Dry Weight)	SOLUBLE FIBER g/100g (Dry Weight)	INSOLUBLE FIBER g/100g (Dry Weight)
<i>Cauliflower, cooked fresh</i>	1 CUP	3.4	2.5	0.9
<i>Cauliflower, cooked frozen</i>	1 CUP	4.9	3.6	1.3
<i>Cauliflower, raw</i>	1 CUP	2.5	1.6	0.9
<i>Celeriac or celery root, cooked</i>	1 CUP	1.9	1	0.9
<i>Celery seed</i>	1 TSP	0.3	0	0
<i>Celery, cooked</i>	1 CUP	2.4	1.7	0.7
<i>Celery, raw</i>	1 CUP	2	1.3	0.7
<i>Chard, cooked</i>	1 CUP	3.7	3.1	0.6
<i>Cherries</i>	1 CUP	3.3	2.3	1
<i>Cherries, maraschino</i>	1 CUP	1.4	1	0.4
<i>Chervil (dried)</i>	1 TSP	0.1	0	0
<i>Chestnuts</i>	1 CUP	16.7	13.2	3.5
<i>Chinese cabbage, Pak-choi, cooked</i>	1 CUP	2.7	1.7	1
<i>Chinese cabbage, Pak-choi, raw</i>	1 CUP	0.7	0.4	0.3
<i>Chinese cabbage, Pe-tsai, cooked</i>	1 CUP	3.2	1.5	1.7
<i>Chinese cabbage, Pe-tsai, raw</i>	1 CUP	2.4	1.9	0.5
<i>Chinese vegetables, canned</i>	1 CUP	1.4	0.9	0.5
<i>Chives, raw</i>	1 TBSP	0.07	0.05	0
<i>Coconut unsweetened</i>	1 CUP	13	11.9	1.1

PRODUCE NAME	SERVING SIZE	TOTAL FIBER g/100g (Dry Weight)	SOLUBLE FIBER g/100g (Dry Weight)	INSOLUBLE FIBER g/100g (Dry Weight)
<i>Coconut, fresh</i>	1 MEDIUM	35.7	31.8	3.9
<i>Collards, cooked</i>	1 CUP	5.3	2.1	3.2
<i>Collards, raw</i>	1 CUP	1.3	0.5	0.8
<i>Coriander, leaf, fresh or dried</i>	1 TBSP	0.1	0.03	0.1
<i>Cranberries</i>	1 CUP	4	3	1
<i>Cranberries, dried</i> (Craisins)	1 CUP	6	4.4	1.6
<i>Cucumber, raw, with or without peel</i>	1 CUP	0.8	0.6	0.2
<i>Dark chocolate</i>	1 OZ	1.7	1.6	0.1
<i>Dates</i>	1 CUP	13.4	11.2	2.2
<i>Eggplant, cooked</i>	1 CUP	2.5	1.8	0.7
<i>Elderberries</i>	1 CUP	10.2	8.3	1.9
<i>Endive (curly), cooked</i>	1 CUP	5.2	3.7	1.5
<i>Endive (curly), raw</i>	1 CUP	0.9	0.6	0.3
<i>Fennel bulb, raw</i>	1 CUP	2.7	1.7	1
<i>Fennel seed</i>	1 TSP	0.7	0	0
<i>Fenugreek seed</i>	1 TSP	0.9	0	0
<i>Figs</i>	1 CUP	5.8	2.8	3
<i>Figs, dried, uncooked</i>	1 CUP	24.3	16.3	8
<i>Filberts or hazelnuts</i>	1 CUP	8.2	4.8	3.4
<i>Flax Seed</i>	1 CUP	25.5	11.7	13.8

PRODUCE NAME	SERVING SIZE	TOTAL FIBER g/100g (Dry Weight)	SOLUBLE FIBER g/100g (Dry Weight)	INSOLUBLE FIBER g/100g (Dry Weight)
<i>Garlic powder</i>	1 TSP	0.3	0.1	0.2
<i>Garlic, fresh</i>	1 TSP	0.06	0	0.1
<i>Ginger (ground)</i>	1 TSP	0.2	0	0
<i>Ginger root, raw</i>	1 CUP	1.9	0	0
<i>Golden Flax</i>	1 CUP	12.9	9.4	3.5
<i>Gooseberries</i>	1 CUP	6.5	5.1	1.4
<i>Gooseberries, canned</i>	1 CUP	6	4	2
<i>Grapefruit, canned, water pack</i>	1 CUP	2.8	0.5	2.3
<i>Grapefruit, white, pink or red</i>	1 MEDIUM	2.8	0.5	2.3
<i>Grapes</i>	1 CUP	1.6	1	0.6
<i>Guava</i>	1 CUP	8.9	7.4	1.5
<i>Hearts of palm, canned</i>	1 CUP	3.5	0	0
<i>Honeydew melon</i>	1 CUP	1	0.7	0.3
<i>Jicama or yambean, cooked</i>	1 CUP	2.6	1.5	1.1
<i>Jicama or yambean, raw</i>	1 CUP	6.4	3.1	3.3
<i>Kale, cooked</i>	1 CUP	2.6	1.2	1.4
<i>Kiwi</i>	1 MEDIUM	2.6	2	0.6
<i>Kohlrabi, cooked</i>	1 CUP	1.8	0.6	1.2
<i>Kohlrabi, raw</i>	1 CUP	4.9	1.5	3.4
<i>Kumquat</i>	1 MEDIUM	1.3	0.8	0.5
<i>Lemon</i>	1 MEDIUM	1.6	0.6	1

PRODUCE NAME	SERVING SIZE	TOTAL FIBER g/100g (Dry Weight)	SOLUBLE FIBER g/100g (Dry Weight)	INSOLUBLE FIBER g/100g (Dry Weight)
<i>Lettuce, iceberg</i>	1 CUP	0.8	0.7	0.1
<i>Lettuce, romaine or cos</i>	1 CUP	0.9	0.6	0.3
<i>Loganberries</i>	1 CUP	7.2	6.5	0.7
<i>Macadamia nuts</i>	1 CUP	12.5	9.9	2.6
<i>Mandarin orange</i>	1 CUP	4.5	2.7	1.8
<i>Mango</i>	1 MEDIUM	3.7	2.2	1.5
<i>Mushrooms, canned</i>	1 CUP	3.7	3.4	0.3
<i>Mushrooms, cooked fresh</i>	1 CUP	3.4	3.1	0.3
<i>Mushrooms, raw</i>	1 CUP	0.8	0.7	0.1
<i>Nectarine</i>	1 MEDIUM	2.2	1.4	0.8
<i>Okra, cooked</i>	1 CUP	5.1	3.1	2
<i>Olives, black</i>	1 MEDIUM	0.2	0.1	0.1
<i>Olives, green</i>	1 MEDIUM	0.1	0.1	0
<i>Olives, stuffed</i>	1 MEDIUM	0.1	0.1	0
<i>Onion, white, yellow, or red, cooked</i>	1 CUP	2.9	0.8	2.1
<i>Onion, white, yellow, or red, raw</i>	1 CUP	2.9	1.1	1.8
<i>Orange</i>	1 MEDIUM	3.1	1.3	1.8
<i>Orange juice</i>	1 CUP	0.5	0.3	0.2
<i>Papaya</i>	1 CUP	2.5	1.3	1.2
<i>Parsley, fresh</i>	1 TBSP	0.1	0	0.1

PRODUCE NAME	SERVING SIZE	TOTAL FIBER g/100g (Dry Weight)	SOLUBLE FIBER g/100g (Dry Weight)	INSOLUBLE FIBER g/100g (Dry Weight)
<i>Parsnip, cooked</i>	1 CUP	6.2	2.6	3.6
<i>Passion fruit</i>	1 MEDIUM	1.9	0.5	1.4
<i>Peach</i>	1 MEDIUM	2	1.2	0.8
<i>Peach, canned, water pack</i>	1 CUP	3.2	2	1.2
<i>Peach, dried</i>	1 CUP	13.1	7	6.1
<i>Peach, dried, cooked, unsweetened</i>	1 CUP	7	3.8	3.2
<i>Pear</i>	1 MEDIUM	4	1.8	2.2
<i>Pecans</i>	1 CUP	8.2	6.6	1.6
<i>Peppers, green – sweet, cooked</i>	1 CUP	2.2	0.7	1.5
<i>Peppers, green – sweet, raw</i>	1 CUP	2.7	1.6	1.1
<i>Peppers, hot chili, green, canned</i>	1 CUP	2.4	0.8	1.6
<i>Peppers, hot chili, green, cooked fresh</i>	1 CUP	2	0.7	1.3
<i>Peppers, hot chili, green, raw</i>	1 CUP	2.3	1.4	0.9
<i>Peppers, hot chili, red, canned</i>	1 CUP	1.8	0.6	1.2
<i>Peppers, hot chili, red, cooked fresh</i>	1 CUP	2.1	1.3	0.8
<i>Peppers, hot chili, red, raw</i>	1 CUP	2.3	1.4	0.9
<i>Peppers, hot chili, sun-dried</i>	1 CUP	10.6	0	0
<i>Peppers, jalapeno, canned</i>	1 CUP	3.5	1.2	2.3
<i>Peppers, jalapeno, cooked fresh</i>	1 CUP	3.9	2.4	1.5

PRODUCE NAME	SERVING SIZE	TOTAL FIBER g/100g (Dry Weight)	SOLUBLE FIBER g/100g (Dry Weight)	INSOLUBLE FIBER g/100g (Dry Weight)
<i>Peppers, jalapeno, raw</i>	1 CUP	2.5	1.5	1
<i>Peppers, red – sweet, cooked</i>	1 CUP	2.2	0.9	1.3
<i>Peppers, red – sweet, raw</i>	1 CUP	3	1.9	1.1
<i>Peppers, yellow – sweet, cooked</i>	1 CUP	1.7	1.1	0.6
<i>Peppers, yellow – sweet, raw</i>	1 CUP	1.3	0.8	0.5
<i>Persimmon</i>	1 MEDIUM	6.1	5.3	0.8
<i>Pickles, dill</i>	1 CUP	1.7	1.4	0.3
<i>Pimento</i>	1 TBSP	0.2	0.1	0.1
<i>Pine nuts – pignolias</i>	1 CUP	14.6	13.1	1.5
<i>Pine nuts – pinyon</i>	1 CUP	13.9	12.5	1.4
<i>Pineapple</i>	1 CUP	1.9	1.7	0.2
<i>Pineapple, canned, juice pack</i>	1 CUP	2	1.5	0.5
<i>Pistachio nuts</i>	1 CUP	13.8	10.4	3.4
<i>Plantains, boiled or baked</i>	1 CUP	3.5	2.8	0.7
<i>Plum</i>	1 MEDIUM	2.5	1.2	1.3
<i>Pomegranate</i>	1 MEDIUM	1	0.8	0.2
<i>Potato, baked, with skin</i>	1 CUP	2.9	1.7	1.2
<i>Potato, baked, without skin</i>	1 CUP	1.9	0.6	1.3
<i>Potato, boiled, with skin</i>	1 CUP	3	1.8	1.2
<i>Potato, boiled, without skin</i>	1 CUP	2.8	1.2	1.6
<i>Potato, canned</i>	1 CUP	4.5	1	3.5

PRODUCE NAME	SERVING SIZE	TOTAL FIBER g/100g (Dry Weight)	SOLUBLE FIBER g/100g (Dry Weight)	INSOLUBLE FIBER g/100g (Dry Weight)
<i>Prune</i>	1 CUP	12.1	5.6	6.5
<i>Prune, cooked, unsweetened</i>	1 CUP	16.4	12.2	4.2
<i>Pumpkin or squash seeds</i>	1 CUP	8.8	6.4	2.4
<i>Pumpkin, canned</i>	1 CUP	7.1	6.1	1
<i>Radicchio, raw</i>	1 CUP	0.4	0.2	0.2
<i>Radish, raw</i>	1 CUP	1.9	1.4	0.5
<i>Raisins</i>	1 CUP	6.2	4.5	1.7
<i>Raspberries</i>	1 CUP	8.4	7.5	0.9
<i>Raspberries, frozen, sweetened</i>	1 CUP	11	9.8	1.2
<i>Rhubarb, cooked, unsweetened</i>	1 CUP	3.4	2.2	1.2
<i>Rutabaga, cooked</i>	1 CUP	3.1	2.6	0.5
<i>Sapodilla</i>	1 MEDIUM	13.9	9	4.9
<i>Sauerkraut</i>	1 CUP	5.9	3.9	2
<i>Scallions or spring onions, cooked</i>	1 CUP	5.5	2.6	2.9
<i>Scallions or spring onions, raw</i>	1 CUP	2.6	1	1.6
<i>Sesame seeds</i>	1 CUP	11.7	8.8	2.9
<i>Spinach, canned</i>	1 CUP	5.1	3.8	1.3
<i>Spinach, cooked fresh</i>	1 CUP	5.4	4.3	1.1
<i>Spinach, cooked frozen</i>	1 CUP	6.1	4.9	1.2
<i>Spinach, raw</i>	1 CUP	0.8	0.6	0.2
<i>Sprouts, acorn, cooked</i>	1 CUP	10.8	4.6	6.2

PRODUCE NAME	SERVING SIZE	TOTAL FIBER g/100g (Dry Weight)	SOLUBLE FIBER g/100g (Dry Weight)	INSOLUBLE FIBER g/100g (Dry Weight)
<i>Sprouts, mung bean, canned</i>	1 CUP	1	0.5	0.5
<i>Sprouts, mung bean, cooked fresh</i>	1 CUP	1	0.4	0.6
<i>Squash, butternut, cooked</i>	1 CUP	3.3	1.9	1.4
<i>Squash, chayote, cooked</i>	1 CUP	4.5	3.5	1
<i>Squash, hubbard, cooked</i>	1 CUP	6.6	2.8	3.8
<i>Squash, spaghetti, cooked</i>	1 CUP	2.2	1	1.2
<i>Squash, summer (green or yellow) cooked</i>	1 CUP	2.5	2	0.5
<i>Squash, summer (green or yellow) raw</i>	1 CUP	1.5	1.2	0.3
<i>Squash, winter (dark green or orange), cooked</i>	1 CUP	6.7	2.9	3.8
<i>Squash, zucchini, cooked</i>	1 CUP	2.5	1.4	1.1
<i>Squash, zucchini, raw</i>	1 CUP	1.4	0.8	0.6
<i>Strawberries</i>	1 CUP	3.3	2.4	0.9
<i>Sunflower butter</i>	1 TBSP	1.3	0.8	0.5
<i>Sunflower seeds</i>	1 CUP	13.4	10.7	2.7
<i>Sweet potato, canned, vacuum packed</i>	1 CUP	3.6	2.2	1.4
<i>Sweet potato, cooked</i>	1 CUP	7.6	4.8	2.8
<i>Tahini (sesame butter)</i>	1 TBSP	1.4	1.1	0.3
<i>Tapioca</i>	1 CUP	1.4	1.2	0.2

PRODUCE NAME	SERVING SIZE	TOTAL FIBER g/100g (Dry Weight)	SOLUBLE FIBER g/100g (Dry Weight)	INSOLUBLE FIBER g/100g (Dry Weight)
<i>Tomatillo, raw</i>	1 CUP	2.5	2.3	0.2
<i>Tomato paste</i>	1 CUP	10.7	8.6	2.1
<i>Tomato puree</i>	1 CUP	5	3	2
<i>Tomato, canned</i>	1 CUP	2.4	1.4	1
<i>Tomato, green, raw</i>	1 CUP	2	1.8	0.2
<i>Tomato, orange, raw</i>	1 CUP	1.4	1.3	0.1
<i>Tomato, raw</i>	1 CUP	2	1.8	0.2
<i>Tomato, sun-dried, dry pack</i>	1 CUP	6.6	6	0.6
<i>Tomato, sun-dried, oil pack</i>	1 CUP	6.4	5.8	0.6
<i>Tomato, yellow, raw</i>	1 CUP	1	0.9	0.1
<i>Turnip greens, canned</i>	1 CUP	3.1	1.8	1.3
<i>Turnip greens, cooked</i>	1 CUP	5	2.8	2.2
<i>Turnip, cooked</i>	1 CUP	3.1	2	1.1
<i>Walnuts</i>	1 CUP	5.8	4	1.8
<i>Water chestnuts, canned</i>	1 CUP	3.1	1.8	1.3
<i>Watercress, raw</i>	1 CUP	0.5	0.2	0.3
<i>Watermelon</i>	1 CUP	1.4	0.8	0.6
<i>Yams, canned, vacuum-packed</i>	1 CUP	3.6	2.2	1.4
<i>Yams, cooked</i>	1 CUP	7.6	4.8	2.8