

Fiber Cheat Sheet

Women need ~25g/day · Men need ~38g/day
Most people eat only ~15g — aim to double it!

Every serving below is sized to ~6g of fiber — a gut-friendly amount per meal or snack, since large amounts of fiber at once can be hard to digest.

VEGETABLES

Broccoli

Cruciferous · per cup cooked

1½ cups cooked (188g) **6g**

Cauliflower

Cruciferous · per cup cooked

2 cups cooked (248g) **6g**

Asparagus

Cruciferous-family · per cup cooked

1¾ cups cooked (300g) **6g**

Cucumber

Very low fiber · hydration + crunch

7½ cups sliced (900g) **6g**

Carrots

Root vegetable · raw

3½ medium raw (215g) **6g**

Celery

Root/stalk veg · raw, chopped

3¾ cups chopped (379g) **6g**

Romaine Lettuce

Leafy green · shredded, raw

6 cups shredded (282g) **6g**

Mushrooms

Fungi · per cup cooked

1¾ cups cooked (275g) **6g**

Kale

Leafy green · cooked

2¼ cups cooked (300g) **6g**

FRUITS

Avocado

Fruit · highest-fiber fruit on the list

½ medium (90g) **6g**

Raspberries

Berry · one of the highest-fiber fruits

¾ cup (92g) **6g**

Blueberries

Berry · low fat

1¾ cups (247g) **6g**

Strawberries

Berry · halves

2 cups halves (304g) **6g**

Blackberries

Berry · very high fiber

¾ cup (114g) **6g**

Pears

Fruit · with skin

1 medium (194g) **6g**

Apples

Fruit · with skin

1½ medium (248g) **6g**

Banana

Fruit · medium

2 medium (228g) **6g**

Oranges

Fruit · medium

2 medium (254g) **6g**

STARCHES

Rice (brown)

Grain · per cup cooked

1¾ cups cooked (334g) **6g**

Purple Potatoes

Starchy vegetable · skin on

1¾ medium (273g) **6g**

Sweet Potato

Starchy vegetable · baked

1½ medium (180g) **6g**

White Potato

Starchy vegetable · baked, skin on

1½ medium (273g) **6g**

Red Potato

Starchy vegetable · baked, skin on

2 medium (358g) **6g**

Quinoa

Grain · per cup cooked

1⅞ cups cooked (213g) **6g**

Buckwheat

Grain · per cup cooked

1½ cups cooked (224g) **6g**

Millet

Grain · lower fiber density

2½ cups cooked (626g) **6g**

SAMPLE HIGH-FIBER DAY (~30G)

¾ cup raspberries at breakfast	6g
2 medium oranges as a snack	6g
1¾ cups broccoli at lunch	6g
1½ medium sweet potatoes at dinner	6g
½ avocado added to a meal	6g
Total	30g

PRO TIPS

- **Spread it out** — aim for one ~6g serving per meal/snack rather than loading up all at once; large amounts at a single sitting are harder to digest.
- **Go slow** — increase fiber gradually over 2–3 weeks to avoid bloating and discomfort.
- **Hydrate** — drink plenty of water; fiber needs fluid to do its job.
- **Keep the skin on** — eat the skin of fruits and vegetables whenever possible.
- **Mix categories** — pair lower-fiber foods (cucumber, millet) with higher-fiber ones to build a balanced plate.