



Gluten-Free Fiber Sources

Category	Food	Serving Size	Fiber
Nuts & Seeds	Chia seeds (dried)	1 tablespoon	4.9 grams
	Almonds	Quarter cup	4.5 grams
	Pumpkin seeds (no shell)	Quarter cup	3.0 grams
	Coconut (shredded, unsweetened flakes)	Quarter cup	2.7 grams
	Pecans	Quarter cup	2.6 grams
	Walnuts	Quarter cup	2.0 grams
	Flax seeds (ground)	1 tablespoon	2.0 grams
	Pistachios	Quarter cup	1.5 grams
	Sesame seeds	1 tablespoon	1.1 grams
	Cashews	Quarter cup	1.0 grams
	Sunflower seeds (no shell)	Quarter cup	1.0 grams
	Peanuts	Quarter cup	0.8 grams
Whole Grains & Flours	Coconut flour	Quarter cup	13.0 grams
	Buckwheat groats (dry)	Quarter cup	4.2 grams
	Teff (cooked)	Half cup	3.6 grams
	Buckwheat flour (dry)	Quarter cup	3.0 grams
	Amaranth (cooked)	Half cup	2.6 grams
	Quinoa (cooked)	Half cup	2.6 grams
	Gluten-free rolled oats (dry)	Quarter cup	2.5 grams
	Black rice (uncooked)	Quarter cup	2.3 grams
	Sorghum (whole grain) flour	Quarter cup	2.0 grams
	Wild rice (cooked)	Half cup	1.5 grams
	Cassava flour	Quarter cup	1.3 grams
	Millet (cooked)	Half cup	1.2 grams
Beans & Legumes	Navy beans (cooked)	Half cup	9.6 grams
	Split peas (cooked)	Half cup	8.2 grams
	Pinto beans (cooked)	Half cup	7.7 grams
	Black beans (cooked)	Half cup	7.5 grams
	Lentils (cooked)	Half cup	7.5 grams
	Tempeh	3 ounces	7.0 grams
	Garbanzo beans (cooked)	Half cup	6.3 grams
	Lima beans (frozen, uncooked)	Half cup	4.4 grams
	Soybeans (edamame, frozen)	Half cup	2.9 grams
		Tofu (firm)	Quarter block
Spices	Cinnamon (ground)	1 teaspoon	1.4 grams
	Savory (ground)	1 teaspoon	0.6 grams
	Rosemary (dried)	1 teaspoon	0.5 grams
	Basil (dried)	1 teaspoon	0.3 grams
	Brussel Sprouts	5 sprouts	3.5 grams
	Avocado	Quarter	3.4 grams
	Acorn Squash	Half squash	3.3 grams



Vegetables	Green peas (frozen)	Half cup	3.0 grams
	Butternut Squash (raw, cubed)	1 cup	2.8 grams
	Fennel (raw, sliced)	1 cup	2.7 grams
	Eggplant (raw, cubed)	1 cup	2.5 grams
	Broccoli (raw, chopped)	1 cup	2.4 grams
	Beets (whole)	2" diameter	2.3 grams
	Cabbage (green, chopped)	1 cup	2.2 grams
	Spaghetti Squash (cooked)	1 cup	2.2 grams
	Cauliflower (raw, chopped)	1 cup	2.1 grams
	Asparagus	6 spears	2.0 grams
	Okra (frozen pieces, cooked)	Half cup	1.9 grams
	Carrot (raw)	1 medium	1.7 grams
	Green Beans	10 beans	1.5 grams
	Collard Greens (raw, chopped)	1 cup	1.4 grams
	Spinach (raw)	2 cups	1.4 grams
	Bell Pepper (red, medium)	Half pepper	1.3 grams
	Kale (raw, pieces, loosely packed)	2 cups	1.2 grams
	Celery (medium)	2 stalks	1.2 grams
	Zucchini (raw, chopped)	1 cup	1.2 grams
	Cherry tomatoes	Half cup	0.9 grams
Onion	Quarter cup	0.7 grams	
Mushrooms (white, sliced)	1 cup	0.7 grams	
Cucumber (with skin, sliced)	1 cup	0.6 grams	
Fruits	Pear (with skin)	1 medium	5.5 grams
	Apple (with skin)	1 medium	4.4 grams
	Raspberries	Half cup	4.0 grams
	Blackberries	Half cup	3.8 grams
	Orange	1 medium	3.4 grams
	Banana	1 medium	3.1 grams
	Papaya (1" pieces)	1 cup	2.5 grams
	Figs	2 medium	2.4 grams
	Pineapple (chunks)	1 cup	2.3 grams
	Kiwi	1 medium	2.1 grams
	Blueberries	Half cup	1.8 grams
	Grapefruit	Half large	1.8 grams
	Strawberries	4 large	1.6 grams
	Cantaloupe (cubed)	1 cup	1.4 grams
	Cranberries (unsweetened)	Quarter cup	0.9 grams

Reference Used In Creating Handout:
 USDA Food Composition Database