

FODMAP Free Sources of Fiber

Food	Portion	Amount of Fiber
Raspberries, raw	1 cup	8 g
Blueberries, raw	1 cup	4 g
Currants (red and white), raw	1 cup	5 g
Strawberries, raw	1 cup	3 g
Boysenberries, frozen	1 cup	7 g
Gooseberries, raw	1 cup	6 g
Loganberries, frozen	1 cup	8 g
Elderberries, raw	1 cup	10 g
Blackberries, raw	1 cup	8 g
Amaranth, grain	1/4 cup	6 g
Barley, pearled, cooked	1 cup	6 g
Buckwheat groats, cooked	1 cup	5 g
Popcorn, air popped	3 cups	4 g
Oats (old fashioned), dry	1/2 cup	4 g
Rye flour, dry	1/4 cup	7 g
Millet, cooked	1 cup	2 g
Quinoa, cooked	1 cup	5 g
Turnip greens, cooked	1 cup	5 g
Mustard greens, cooked	1 cup	5 g
Collard greens, cooked	1 cup	5 g
Spinach, cooked	1 cup	4 g
Kale, cooked	1 cup	3 g
Almonds	1 ounce	4 g
Pistachio nuts	1 ounce	3 g
Cashews	1 ounce	1 g
Peanuts	1 ounce	2 g
Walnuts	1 ounce	2 g
Brazil nuts	1 ounce	2 g
Pinon nuts	1 ounce	12 g
Sunflower seeds	1/4 cup	3 g
Pumpkin seeds	1/2 cup	3 g
Sesame seeds	1/4 cup	4 g
Flaxseed	1 ounce	8 g
Crookneck squash, cooked	1 cup	3 g
Summer scallop squash, cooked	1 cup	5 g
Hubbard squash, cooked	1 cup	7 g
Zucchini squash, cooked	1 cup	3 g
Acorn squash, cooked	1 cup	9 g
Spaghetti squash, cooked	1 cup	2 g
Russet potato, flesh and skin	1 medium	4 g
Red potato, flesh and skin	1 medium	3 g
Sweet potato, flesh and skin	1 medium	4 g

Banana	1 medium	3 g
Orange	1 medium	4 g
Oat bran, raw	1 ounce	12 g
Corn bran, raw	1 ounce	22 g
Rice bran, raw	1 ounce	6 g