

Appendix 12: Grain-Free Sources of Fiber

<i>Food Group</i>	<i>REAL Food</i>	<i>Serving Size</i>	<i>Fiber (g)*</i>
Veggies	Broccoli, cooked	1 cup	5.1
	Leafy greens, cooked	1 cup	4.3-5.1
	Brussels sprouts, cooked	1 cup	4.1
	Squash (spaghetti, butternut)	1 cup	2.2-6.6
	Onions, cooked	1 cup	2.9
	Cauliflower, cooked	1 cup	2.9
	Eggplant, cooked	1 cup	2.5
	Carrots, raw or cooked	1 cup	2.3
	Cabbage, raw or cooked	1 cup	1.8-2.8
	Leafy greens, raw	2 cups	1.3-2.1
	Sauerkraut, raw	¼ cup	0.9
Tubers	Sweet potato, cooked (without skin)	1 cup	8.2
	Plantain, cooked	1 cup	3.5-4.6
	Potato, cooked (without skin)	1 cup	3.1
Fruits	Berries	1 cup	3.6-8.0
	Pear	1 medium	5.5
	Mango	1 medium	5.4
	Apple	1 medium	4.4
	Dried figs	5	4.1
	Banana	1 medium	3.1
	Orange	1 medium	2.3
Nuts	Nuts	1 oz	1.9-3.5
	Nut butter	2 tbsp	3.2
	Almond flour	2 tbsp	1.5
	Coconut (unsweetened, dried)	2 tbsp	4.6
	Coconut flour	2 tbsp	6-10
Fats	Avocado	1 medium	13.5
	Olives	5 jumbo	1