

**World's Healthiest Foods ranked as quality sources of:
dietary fiber**

Food	Serving Size	Cals	Amount (g)	DV (%)	Nutrient Density	World's Healthiest Foods Rating
Cinnamon, ground	2 tsp	11.8	2.48	9.9	15.1	very good
Turnip greens, cooked	1 cup	28.8	5.04	20.2	12.6	excellent
Basil, dried, ground	2 tsp	7.5	1.20	4.8	11.5	good
Coriander seeds	2 tsp	9.9	1.40	5.6	10.2	very good
Oregano, dried, ground	2 tsp	9.2	1.28	5.1	10.1	very good
Raspberries	1 cup	60.3	8.34	33.4	10.0	excellent
Thyme, dried, ground	2 tsp	7.9	1.08	4.3	9.8	good
Mustard greens, boiled	1 cup	21.0	2.80	11.2	9.6	excellent
Rosemary, dried	2 tsp	7.3	0.92	3.7	9.1	good
Romaine lettuce	2 cup	15.7	1.90	7.6	8.7	very good
Cauliflower, boiled	1 cup	28.5	3.35	13.4	8.5	excellent
Collard greens, boiled	1 cup	49.4	5.32	21.3	7.8	excellent
Broccoli, steamed	1 cup	43.7	4.68	18.7	7.7	excellent
Cloves, dried, ground	2 tsp	14.2	1.52	6.1	7.7	very good
Celery, raw	1 cup	19.2	2.04	8.2	7.7	very good
Swiss chard, boiled	1 cup	35.0	3.68	14.7	7.6	excellent
Cabbage, shredded, boiled	1 cup	33.0	3.45	13.8	7.5	very good
Spinach, boiled	1 cup	41.4	4.32	17.3	7.5	very good
Chili pepper, dried	2 tsp	25.5	2.64	10.6	7.5	very good
Black pepper	2 tsp	10.9	1.12	4.5	7.4	good
Fennel, raw, sliced	1 cup	27.0	2.70	10.8	7.2	very good
Green beans, boiled	1 cup	43.8	4.00	16.0	6.6	very good
Eggplant, cooked, cubes	1 cup	27.7	2.48	9.9	6.4	very good
Cayenne pepper, dried	2 tsp	11.2	0.96	3.8	6.2	good
Cranberries	0.50 cup	23.3	1.99	8.0	6.2	very good
Strawberries	1 cup	43.2	3.31	13.2	5.5	very good
Bell peppers, red, raw, slices	1 cup	24.8	1.84	7.4	5.3	very good
Winter squash, baked, cubes	1 cup	80.0	5.74	23.0	5.2	very good
Kale, boiled	1 cup	36.4	2.60	10.4	5.1	very good
Split peas, cooked	1 cup	231.3	16.27	65.1	5.1	very good
Summer squash, cooked, slices	1 cup	36.0	2.52	10.1	5.0	very good
Carrots, raw	1 cup	52.5	3.66	14.6	5.0	very good
Lentils, cooked	1 cup	229.7	15.64	62.6	4.9	very good
Brussel sprouts, boiled	1 cup	60.8	4.06	16.2	4.8	very good
Asparagus, boiled	1 cup	43.2	2.88	11.5	4.8	very good
Black beans, cooked	1 cup	227.0	14.96	59.8	4.7	very good
Green peas, boiled	1 cup	134.4	8.80	35.2	4.7	very good
Pinto beans, cooked	1 cup	234.3	14.71	58.8	4.5	very good
Cucumbers, slices, with peel	1 cup	13.5	0.83	3.3	4.4	good
Lima beans, cooked	1 cup	216.2	13.16	52.6	4.4	very good
Turmeric, powder	2 tsp	16.0	0.96	3.8	4.3	good
Flaxseeds	2 tbs	95.3	5.41	21.6	4.1	very good
Kiwifruit	1 each	46.4	2.58	10.3	4.0	very good
Wheat, bulgur, cooked	1 cup	151.1	8.19	32.8	3.9	very good
Tomato, ripe	1 cup	37.8	1.98	7.9	3.8	very good
Oranges	1 each	61.6	3.13	12.5	3.7	very good
Kidney beans, cooked	1 cup	224.8	11.33	45.3	3.6	very good
Barley, cooked	1 cup	270.0	13.60	54.4	3.6	very good
Apricots	1 each	16.8	0.84	3.4	3.6	good
Blueberries	1 cup	81.2	3.92	15.7	3.5	very good

Onions, raw	1 cup	60.8	2.88	11.5	3.4	very good
Garbanzo beans (chickpeas), cooked	1 cup	269.0	12.46	49.8	3.3	good
Papaya	1 each	118.6	5.47	21.9	3.3	good
Apples	1 each	81.4	3.73	14.9	3.3	good
Grapefruit	0.50 each	36.9	1.69	6.8	3.3	good
Beets, Boiled	1 cup	74.8	3.40	13.6	3.3	good
Navy beans, cooked	1 cup	258.4	11.65	46.6	3.2	good
Figs, fresh	8 oz-wt	167.8	7.48	29.9	3.2	good
Rye, whole grain, uncooked	0.33 cup	188.7	8.22	32.9	3.1	good
Pear	1 each	97.9	3.98	15.9	2.9	good
Soybeans, cooked	1 cup	297.6	10.32	41.3	2.5	good
Yam (Dioscorea species), cubed, cooked	1 cup	157.8	5.30	21.2	2.4	good
Sweet potato, baked, with skin	1 each	95.4	3.14	12.6	2.4	good
Avocado, slices	1 cup	235.1	7.30	29.2	2.2	good
Mustard seeds	2 tsp	35.0	1.08	4.3	2.2	good
Spelt grains, cooked	4 oz-wt	144.0	4.40	17.6	2.2	good
Prunes	0.25 cup	101.6	3.02	12.1	2.1	good
Buckwheat, cooked	1 cup	154.6	4.54	18.2	2.1	good
Shiitake mushrooms, raw	8 oz-wt	87.2	2.49	10.0	2.1	good
Olives	1 cup	154.6	4.30	17.2	2.0	good
Oats, whole grain, cooked	1 cup	145.1	3.98	15.9	2.0	good
Plum	1 each	36.3	0.99	4.0	2.0	good
Crimini mushrooms, raw	5 oz-wt	31.2	0.85	3.4	2.0	good
Miso	1 oz	70.8	1.86	7.4	1.9	good
Banana	1 each	108.6	2.83	11.3	1.9	good
Corn, yellow, cooked	1 cup	177.1	4.60	18.4	1.9	good
Pineapple	1 cup	76.0	1.86	7.4	1.8	good
Cantaloupe, cubes	1 cup	56.0	1.28	5.1	1.6	good
Potato, baked, with skin	1 cup	133.0	2.93	11.7	1.6	good
Sesame seeds	0.25 cup	206.3	4.24	17.0	1.5	good

World's Healthiest Foods Rating	Rule				
excellent	DV >= 75%	OR	Density >= 7.6	AND	DV >= 10%
very good	DV >= 50%	OR	Density >= 3.4	AND	DV >= 5%
good	DV >= 25%	OR	Density >= 1.5	AND	DV >= 2.5%