Fiber Per Calorie

How to get more fiber without eating a lot more calories.

Fiber keeps you full, supports digestion and slows how fast carbs hit your blood. A common target is **about 14 g of fiber for every 1,000 calories** you eat, which is 25–35 g a day for most adults. Most people eat far less. The bar shows grams of fiber per 100 calories.

FOOD	SERVING	FIBER	CAL	FIBER PER 100 CAL
Ampalaya	1 cup, 100 g	**2.8 g**	20	**14 g**
Eggplant (talong)	1 cup, 100 g	**3.0 g**	25	**12 g**
Kangkong	1 cup, 100 g	**2.1 g**	19	**11 g**
Sitaw	1 cup, 100 g	**3.4 g**	31	**11 g**
Okra	1 cup, 100 g	**3.2 g**	31	**10 g**
Cabbage (repolyo)	1 cup, 100 g	**2.5 g**	25	**10 g**
Broccoli	1 cup, 100 g	**3.3 g**	35	**9.4 g**
Monggo, cooked	1 cup, 200 g	**15 g**	210	**7.2 g**
Black beans, cooked	1 cup, 170 g	**15 g**	224	**6.6 g**
Apple	1 medium, 180 g	**4.3 g**	94	**4.6 g**
Avocado	½ medium, 100 g	**7.0 g**	160	**4.4 g**
Kamote	1 medium, 150 g	**5.0 g**	135	**3.7 g**
Rolled oats (dry)	½ cup dry, 40 g	**4.0 g**	156	**2.6 g**
Brown rice	1 cup, 160 g	**2.6 g**	197	**1.3 g**
Pandesal	2 pieces, 60 g	**1.4 g**	173	**0.8 g**
White rice	1 cup, 160 g	**0.6 g**	208	**0.3 g**

8 g+ per 100 cal 3–7.9 g Under 3 g

EASY WINS

Add a cup of a vegetable ulam to lunch and dinner, swap one rice serving a day for kamote or monggo, and keep fruit for snacks. Increase fiber slowly and drink more water as you do.

Approximate values from standard nutrition tables (TLC Coach Console food library). Fiber target per the Institute of Medicine guideline. General education only, not medical or dietary advice.