

High Fiber Foods

Fiber One Cereal



28 g

Beans



15 g

All Bran Cereal



18 g

Split Peas



16 g

Lentils



15 g

Grape Nuts Cereal



15 g

Chickpeas



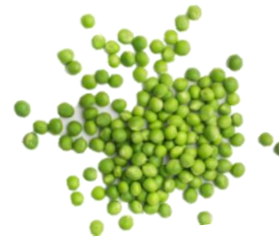
12 g

Avocado



9 g

Green Peas



8 g

Oats



8 g

Nuts



7 g

Artichoke



7 g

Pumpkin



7 g

Raisin Bran/ Muesli



7 g

Pears



5 g

Pomegranate



5 g

Berries



4 g

Apples



4 g

Brussels Sprouts



4 g

Carrots



4 g

High Fiber Foods

Beans, Chickpeas & Lentils

Navy beans
Split peas
Lentils
Pinto beans
Black beans
Kidney beans
Chickpeas
White beans



Whole Grains

Oats
Spelt
Bulgur
Barley
Corn
Brown Rice
Wild Rice



Vegetables

Green Peas
Artichoke
Pumpkin
Brussels Sprouts
Carrots
Green Beans
Okra
Broccoli
Asparagus
Cabbage
Cauliflower
Leafy Greens



Nuts

Almonds
Pistachios
Hazelnuts
Peanuts
Pecans
Brazil Nuts
Macadamia Nuts
Walnuts



Cereal

Fiber One
All Bran
Grape Nuts
Go Lean Crunch
Muesli
Raisin Bran
Shredded Wheat



Fruits

Avocado
Pear
Pomegranate
Mango
Blackberries
Raspberries
Apple
Orange
Guava
Banana
Cherries
Strawberries

