

BEST HIGH FIBER FOODS

ACORN SQUASH (9 GRAMS PER 1 CUP, COOKED)
ALMONDS (3 GRAMS PER ¼ CUP)
APPLE (4.8 GRAMS FOR MEDIUM SIZE)
ARTICHOKE (7 GRAMS PER ONE MEDIUM ARTICHOKE)
AVOCADO (10 GRAMS IN ONE MEDIUM SIZE)
BANANA (3 GRAMS PER ONE MEDIUM BANANA)
BARLEY (6 GRAMS PER 1 CUP COOKED)
BEANS (5.5 GRAMS PER ½ CUP)
BRAN (14 GRAMS PER 1 CUP)
BROCCOLI (2.5 GRAMS PER 1 CUP)
BRUSSEL SPROUTS (3 GRAMS PER 1 CUP)
CARROTS (3 GRAMS PER 1 CUP)
CAULIFLOWER (5 GRAMS PER ONE SMALL HEAD)
CHIA SEEDS (10 GRAMS PER 2 TABLESPOONS)
CORN (4 GRAMS PER ONE CUP)
DRIED PLUMS/PRUNES (3 GRAMS PER 5 PRUNES)
FLAXSEEDS (4 GRAMS PER 2 TABLESPOONS, GROUND)
GARBANZO BEANS (6 GRAMS PER ½ CUP)
GREEN PEAS (8 GRAMS PER 1 CUP)

LEAFY GREEN (1-2 GRAMS PER 1 CUP RAW)
LENTILS (6 GRAMS PER ONE CUP COOKED)
OATMEAL (4 GRAMS PER 1 CUP COOKED)
ORANGES (2.8 GRAMS PER 1 MEDIUM ORANGE)
PASTA (WHOLE GRAIN) (6 GRAMS PER ⅔ CUP DRY PASTA)
PEARS (5.5 GRAMS PER ONE MEDIUM PEAR)
POPCORN (1.5 GRAMS PER 1 CUP)
QUINOA (5 GRAMS PER 1 CUP SERVING)
RASPBERRIES (8 GRAMS PER 1 CUP)
SOYBEANS (EDAMAME) (10 GRAMS PER ONE CUP)
SPELT (7 GRAMS PER 1 CUP)
SPLIT PEAS (21 GRAMS PER ½ CUP, UNCOOKED)
STRAWBERRIES (3 GRAMS PER 1 CUP)
SUNFLOWER SEEDS (12 GRAMS PER ONE CUP)
SWEET POTATOES (4 GRAMS PER 1 MEDIUM POTATO)
WHOLE WHEAT BREAD (4 GRAMS PER 1 SLICE)

