



HIGH FIBER FOODS

VEGETABLES/FRUIT	SERVING SIZE	FIBER
Collard Greens, cooked	1 cup	8g
Artichoke	1 medium	7g
Sweet Potato, w/skin	1 cup	7g
Winter Squash	1 cup	6g
Pear	1 medium	6g
Spinach, Broccoli, Carrots, cooked	1 cup	5g
Avocado	1/2 medium	5g
Brussel Sprouts, cooked	1 cup	4g
Peas	1/2 cup	4g
Beets, Cabbage, Swiss chard, cooked	1 cup	4g
Potato, baked w/ skin	1 medium	4g
Raspberries	1/2 cup	4g
Mango, Apple	1 medium	4g
Figs, dried	1/4 cup	4g
Blackberries	1/2 cup	4g
Asparagus	1/2 cup	3g
Green Beans	1 cup	3g
Orange	1 medium	3g
Strawberries, Blueberries	1/2 cup	2g
Kiwi	1 medium	2g
BEANS/LEGUMES		
Navy Beans	1 cup	20g
Black Beans	1 cup	17g
Lentils	1 cup	16g
Pinto Beans	1 cup	15g
Lima Beans, Kidney Beans	1 cup	13g
Garbanzo Beans, Edamame, shelled	1 cup	12g
GRAINS		
Barley	1 cup	6g
Quinoa	1 cup	5g
Old Fashioned Oats	1/2 cup	4g
Wild Rice	1 cup	3g
Sprouted Grain Bread	1 slice	3g
Popcorn	2 cups	2g
OTHER		
100% Bran Cereal	1/2 cup	10g
Tempeh	3 oz	6g
Almonds	1 oz	4g
Chia Seeds	1 Tbsp	3g
Flax seeds, ground	2 Tbsp	2g
Cinnamon	1 tsp	1g