

HIGH FIBER FOODS

Legumes

Per ½ cup cooked

- Navy beans - 9.6g
- Split peas - 8.1g
- Lentils - 7.8g
- Black beans - 7.5g
- Chickpeas - 6.3g

Fruits

Per 1 Serving

- Raspberries - 8g per 1 cup
- Pear - 5.5g
- Apple - 4.4g
- Banana - 3.1g
- Orange - 3g

Veggies

Per 1 cup cooked or 1 medium

- Artichoke - 6.9g
- Broccoli - 5.1g
- Brussel sprouts - 4g
- Sweet potato - 4g
- Carrots - 3.6 g

Nuts and Seeds

Per 1 oz or 2 tbsp

- Chia seeds - 10g
- Flaxseed - 8g
- Almonds - 3.5g
- Pistachios - 2.9g
- Walnuts - 2g

Whole Grains

Per 1 Serving

- Quinoa - 5.2g per 1 cup cooked
- Oats - 4g per ½ cup dry
- Brown rice - 3.5g per 1 cup cooked
- Whole wheat pasta - 6.3g per 1 cup cooked
- Popcorn - 3.5g per 3 cups air-popped