

HIGH FIBER FOODS

- Raspberries 8gms per cup
- Pear 5.5 gms per medium pear
- Apple w/skin 4.5 gms per medium apple
- Green Peas 9 gms per cup (boiled)
- Broccoli, boiled 5.0 gms per cup
- Turnip Greens 5.0 gms per cup
- Baked Potato 4.0 gms per medium potato with skin
- Spaghetti 6.0 gms per cup of whole-wheat cooked
- Barley, pearled 6.0 gms per cup cooked
- Bran Flakes 5.5 gms per $\frac{3}{4}$ cup
- Quinoa 5.0 gms per 1 cup cooked
- Popcorn 3.5 gms per 3 cups air-popped
- Black Beans 15.0 gms per 1 cup boiled
- Baked Beans 10.0 gms per 1cup cooked
- Lentils, boiled 15.5 gms per 1 cup
- Split peas 16.0 gms per 1 cup boiled
- Chia Seeds 10.0 gms per ounce
- Almonds 3.5 gms per ounce (23 nuts)
- Pistachios 3.0 gms per ounce (49 nuts)
- Sunflower seeds 3.0 gms per ounce of kernels
- Cauliflower raw 2.0 gms per 1 cup chopped
- Brussel Sprouts 4.0 gms per 1 cup boiled
- Sweet Corn 3.5 gms per 1 cup boiled
- Carrot raw 1.5 gms per medium carrot
- Strawberries 3.0 gms per cup
- Orange 3.0 gms per cup
- Banana 3.0 gms per medium banana

FRUIT

