

1

**WOMEN SHOULD TRY TO GET 30 GRAMS OF FIBER AND 45 GRAMS OF PROTEIN. MEN SHOULD TRY TO GET 35-40 GRAMS OF FIBER AND 50 GRAMS OF PROTEIN.**

2

**VEGETABLES (AVG. 4 GRAMS PER CUP)**

- 1 AVACADO 13 GRAMS OF FIBER
- 1 BAKED POTATO WITH SKIN 5 GRAMS OF FIBER
- 1 CUP OF BROCCOLI 1.3 GRAMS OF FIBER
- 1 CUP OF CARROTS 3.6 GRAMS OF FIBER
- 1 CUP OF BEETS 2.8 GRAMS OF FIBER

3

**FRUITS (AVG. 4 GRAMS PER CUP)**

- 1 CUP OF RASPBERRIES 8 GRAMS OF FIBER
- 1 CUP OF BLUEBERRIES 4 GRAMS OF FIBER
- 1 CUP OF STRAWBERRIES 3.4 GRAMS OF FIBER
- 1 MEDIUM SIZED BANANA 2.7 GRAMS OF FIBER
- 1 MEDIUM SIZED APPLE 4.4 GRAMS OF FIBER

4

**BEANS/ LENTILS**

- 1 CUP COOKED GARBANZO BEANS 12.5 GRAMS OF FIBER AND 14.4 GRAMS PROTEIN
- 1 CUP COOKED MOONG 15 GRAMS OF FIBER AND 14 GRAMS OF PROTEIN
- 1 CUP COOKED RED LENTILS 1.8 GRAMS OF FIBER AND 2.3 GRAMS PROTEIN
- 1 CUP GREEN PEAS 7 GRAMS OF FIBER AND 8 GRAMS OF PROTEIN

5

**SEEDS**

- 1 TABLESPOON OF CHIA SEEDS 5 GRAMS OF FIBER AND 4.7 GRAMS PROTEIN
- 1 TABLESPOON OF FLAX SEEDS 2.8 GRAMS OF FIBER AND 1.9 GRAMS PROTEIN
- 1 TABLESPOON OF HEMP SEEDS 0.7 GRAMS OF FIBER AND 3.3 GRAMS PROTEIN

## 2

### NUTS

- 1 OZ OF ALMONDS (23 ALMONDS) 3.5 GRAMS OF FIBER AND 6 GRAMS OF PROTIEN.
- 1 OZ OF WALNUTS 1.9 GRAMS OF FIVER AND 4.3 GRAMS OF PROTEIN
- 1 OZ OF PECANS 3 GRAMS OF FIBER AND 3 GRAMS OF PROTEIN.
- 1 OZ OF PEANUTS 2 GRAMS OF FIBER AND 7 GRAMS PROTEIN
- 1 OZ OF CASHEWS (17 CASHEWS) 0.9 GRAMS OF FIBER AND 5.2 GRAMS OF PROTEIN

## 3

### MISCELLANEOUS

- 1 SLICE OF DAVE'S KILLER BREAD 5 GRAMS OF FIBER
- SANTA FE WHOLE GRAIN & FLAX TORTILLA 8 GRAMS OF PROTEIN 8 GRAMS OF FIBER
- 1/4 OF A CUP OF DRIED CRANBERRIES 3 GRAMS OF FIBER
- 1/2 CUP OF KELLOGG'S ALL BRAN 10 GRAMS FIBER
- 1/2 CUP OF FIBER ONE CEREAL 13 GRAMS OF FIBER
- 3 BUSCUITS OF SHREDDED WHEAT 7.3 GRAMS OF FIBER
- 5 PIECES OF FROSTED MINI WHEATS 5 GRAMS OF FIBER
- 1 SERVING OF INSTANT OATMEAL 3 GRAMS OF FIBER
- 1 EGG 0 GRAMS FIBER AND 6 GRAMS OF PROTEIN

Sources  
Michael Gregor MD  
Mark Hyman MD  
Nutritionfacts.org  
myfitnesspal.com