



FIBER

Cheat Sheet

QUICK GUIDE FOR A HIGH-FIBER DIET

FRUITS

- 1 Avocado, 9g
- 1 cup Raspberries, 8g
- 1 cup Blackberries, 8g
- 1/2 cup Prunes, dried 6g
- 1 medium Pear, w/ skin 5g
- 1 cup Cranberries, 5g
- 1 medium Apple, w/ skin 4g
- 1 cup Blueberries, 4g
- 1 medium Orange, 3g
- 1 cup Strawberries, 3g
- 1 Kiwi, 2g



GRAINS

- 1 cup cooked Quinoa, 8g
- 1/2 cup Oats, 5g
- 1 cup Brown Rice, 4g



VEGETABLES

- 1 medium Artichoke, 10g
- 1 cup Squash, 6g
- 1 cup Broccoli, 5g
- 1 cup Cauliflower, 5g
- 1 cup Brussels Sprouts, 4g
- 1 cup Cabbage, 4g
- 1 cup Collard Greens, 4g
- 1 cup Green Beans, 4g
- 1/2 Green Peas, 4g
- 1 cup Spinach, 4g
- 1 cup Sweet Corn, 4g



NUTS, SEEDS & OTHER

- 2 tbsp Chia Seeds, 10g
- 2 tbsp Flax Seeds, 6g
- 1 oz Almonds, 3g
- 1 oz Pistachios, 3g
- 1 oz Macadamia Nuts, 2g
- 2 tbsp Sunflower Seeds, 2g
- 2 tbsp Pumpkin Seeds, 2g
- 1 oz Cashews, 1g



LEGUMES

- 1 cup White Beans, 19g
- 1 cup Split Peas, 16g
- 1 cup Kidney Beans, 16g
- 1 cup Lentils, 16g
- 1 cup Black Beans, 15g
- 1 cup Chickpeas, 15g
- 1/2 cup Lima Beans, 6g



More
Fiber,
Better
You! ♥



Add more fiber. Feel better. Live healthier!