

High-Fiber Foods



Hulled Barley —

Add hulled barley to your grain selections. Add to soups, vegetarian chilli, and salads
 $\frac{1}{2}$ cup cooked barley = 9 gm fiber



Whole Rolled Oats —

Be sure to buy whole oat variety and purchase organic oats. $\frac{1}{2}$ cup = 4 gms fiber



Bulgur —

Another high-fiber whole grain loaded with nutrients. Look for recipes for tabbouleh salad, bulgur pilaf, or add to your favorite soup. $\frac{1}{2}$ cup has 7-10 grams.



Chia Seeds —

Packed with fiber yet energy dense-Add to yogurt, breads, or cereals. 2 tbsp = 10 gm fiber



Beans & Legumes —

A healthy addition to any recipe, salad, or side dish to increase fiber, and nourish and cleanse.
6-8 gms fiber in $\frac{1}{2}$ cup