



High Fiber Food Ideas

Food	Amount	Calories	Fiber (g)	Carbohydrates (g)	Fat (g)	Protein (g)
Whole Wheat Bread	1 Slice	69	2	13	1	3
12 Grain Bread	1 Slice	100	3	18	2	2
Brown Rice	1 cup	216	4	45	2	5
Wild Rice	1 cup	166	3	35	1	7
Steel Cut Oatmeal	1 cup (cooked)	160	4	14	3	5
Almonds	23 (whole)	164	3	6	14	6
Raspberries	1 cup	64	8	15	1	1
Blueberries	1cup	83	3	21	0	1
Apple (with skin)	1 medium	72	3	19	0	0
Strawberries	1cup	49	3	12	0	1
Green Peas (boiled)	1 cup	134	9	25	0	9
Green Beans	1 cup	44	4	10	0	2
Broccoli (cooked)	1 cup	54	6	12	0	4
Lentils (cooked)	1 cup	230	16	40	1	18
Brown Beans	1 cup	245	15	45	1	15
Sunflower Seeds	1 tbsp.	100	2	4	9	4
Whole Psyllium Husk	1 tbsp.	20	4	4	0	0
Psyllium Husk Powder	1 tbsp.	34	7	8	0	0
Chia Seeds	1 tbsp.	30	3	3	3	2
Flax Seed (ground)	1 tbsp.	37	2	0	3	1

*These are a few ideas of high fiber foods. There are many more foods out there. Try to choose whole food more often as they will have more fiber. Leave the skin on foods and the less processing a food has the more fiber it will have. (ex. Apples have more fiber than apple sauce)

**Psyllium/Chia Seeds/Ground Flax Seeds, can be added to yogurt, soups, oatmeal, sprinkled on salads, added to casseroles, chill, sauces, etc.