

# 35 HIGH-FIBER FOODS YOU SHOULD EAT

## TIPS

HOW MUCH FIBER DO WE CURRENTLY GET AT HOME?



LET'S CHECK OUR PANTRY AND TICK THE BOXES



Fiber weight in gr



Cooked



Canned



Raw



### WHOLE GRAINS

- BULGUR - 1/2 cup 4.1
- WHOLE WHEAT SPAGHETTI - 1/2 cup 3.2
- OAT BRAN MUFFIN - 1 small 3
- POPCORN, AIR-POPPED - 3 cups 3.5
- QUINOA - 1/2 cup 2.6
- WHOLE WHEAT BREAD - 1 slice 2.2
- BROWN RICE - 1/2 cup 1.6



### FRUITS

- PEAR WITH SKIN - 1 medium 5.5
- AVOCADO - 1/2 cup 5.5
- APPLE WITH SKIN - 1 medium 4.4
- RASPBERRIES - 1/2 cup 4
- ORANGE - 1 medium 3.1
- BANANA - 1 medium 3.1
- GUAVA - 1 medium 3



### LEGUMES

- NAVY BEANS - 1/2 cup 9.6
- YELLOW BEANS - 1/2 cup 9.2
- CHICKPEAS - 1/2 cup 8.1
- LENTILS - 1/2 cup 7.8
- WHITE BEANS - 1/2 cup 6.3
- SOYBEANS - 1/2 cup 5.2
- GREEN PEAS - 1/2 cup ≥3.5



### VEGGIES

- FRENCH BEANS - 1/2 cup 8.3
- ARTICHOKE - 1/2 cup 7.2
- SWEET POTATO, BAKED WITH SKIN - 1 medium 3.8
- FRESH COLLARDS - 1/2 cup 2.6
- PARSNIP - 1/2 cup 3.1
- WINTER SQUASH - 1/2 cup 2.9
- BRUSSEL SPROUTS - 1/2 cup 2



### NUTS & SEEDS

- PUMPKIN SEEDS, WHOLE, ROASTED - 1 ounce 5.2
- CHIA SEEDS, DRIED - 1 tbsp 4.1
- ALMONDS - 1 ounce 3.5
- PISTACHIO, DRY ROASTED - 1 ounce 2.8
- PECANS/PEANUTS, OIL ROASTED - 1 ounce 2.7
- FLAX SEEDS - 1 tbsp 2.5



New ideas to shop for:

Endives

Green beans

Enriched foods: enriched yogurts, enriched bread...

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### ALL ACTORS OF OUR OWN HEALTH

The diversity of our diet is key to provide us with a **diversity of fibers.**