

Fiber

- Fiber is found in plants: fruits, vegetables, grains, nuts, seeds, and meat substitutes.
- Fiber can help with:
 - Constipation
 - Feeling full
 - Lowering cholesterol
- While increasing your intake of fiber, it is important to drink plenty of water

Fruits	Bananas (1 g.) 	Pears with Skin (2 g.) 	Strawberries (1.1 g per 1.25 cups) 	Apples with Skin (1 g.) 	Oranges and Grapefruit (2 g.) 	Blackberries (1 g per ½ cup) 
	Raspberries (0.9 g per 1 cup) 	Kiwi (0.7 g.) 	Fresh Apricots (???) 	Figs and Prunes (???) 	Blueberries (???) 	Plums (1 g.) 
Vegetables	Peppers (0.7 g per 1 cup) 	Acorn Squash (???) 	Greens (???) 	Butternut Squash 	Sweet Potato with Skin (1.8 g per ½ cup cooked) 	Brussels' Sprouts (3 g per ½ cup cooked) 
	Broccoli (1.2 g per ½ cup cooked) 	Artichoke (???) 	Peas (1.3 g per ½ cup cooked) 	Tomato (???) 	Unsweetened Pumpkin (???) 	Carrots (1.1 g per ½ cup cooked) 
	Asparagus (1.7 g per ½ cup cooked) 	Turnips (1.7 g per ½ cup cooked) 	Okra (1 g per ½ cup cooked) 	Beets (0.8 g per ½ cup cooked) 	Onion (0.9 g per ½ cup chopped) 	Celery (0.7 g per 1 cup chopped) 
Beans, Peas, and Lentils	Fat-Free Refried Beans (???) 	Baked Beans (???) 	Dried Lentils (1 g per ½ cup cooked) 	Dried Beans & Peas (???) 	Canned Beans 	Bean Soup 

Fiber

Grains	Whole Wheat Bread 	Rye Bread (0.8 g per slice) 	Pumpernickle Bread (1.2 g per slice) 	Sandwich or Bagel Thins 	Whole Grain Bagels 	Whole Wheat Pita Pockets 
	Wheat or Bran Chex® 	Go Lean® Cereal 	FiberOne® Cereal 	All-Bran® Cereal 	Bran Flakes 	Cheerios® 
	Quaker® Fiber Bars 	GNU Flavor & Fiber® Bars 	FiberOne® 140 Calorie Bars 	FiberOne® 90 Calorie Bars 	Whole Wheat Waffles & Pancakes 	Oatmeal 
	Low-Fat Popcorn 	Whole Grain Pretzels 	Low-Fat Bran Muffins 	Whole Grain Light English Muffins 	High Fiber Tortilla 	Barley 
	Edamame 	Hummus 	Vegetarian Meat Substitutes 	Veggie Burger 	Boca® Burger 	