

Fiber-Rich Foods



Chia Seeds
1 Tbsp = 5g



Raspberries
1 c. = 8g



Split Peas
½ c. cooked = 86g



Avocado
½ medium = 5g



Lentils
½ c. cooked = 8g



Brussel Sprouts
½ c. cooked = 6g



Pears
1 medium w/skin = 6g



Broccoli
1 c. cooked = 5g



Black Beans
½ c. cooked = 8g



Sweet Potato
1 c. baked = 6g



Oatmeal
½ c. cooked = 4g



Apples
1 medium w/skin = 5g