

# List of High Fiber Foods

## FRUITS

Apple

Pears

Berries

Kiwi

Oranges

Guava

Bananas

Figs

Grapefruit

Prunes

Dates

Papaya

Plum

Mango

Avocado

## LEGUMES

Chickpeas

Black Beans

Kidney Beans

Pinto Beans

Lima Beans

Navy Beans

Split Peas

Green Peas

Soybeans

Black-Eyed Peas

Great Northern Beans

Garbanzo Beans

## VEGETABLES

Broccoli

Brussels Sprouts

Spinach

Kale

Collard Greens

Swiss Chard

Cabbage

Carrots

Sweet Potatoes

Peas

Artichokes

Okra

Butternut Squash

Acorn Squash

Zucchini

Cauliflower

Asparagus

Beets

Bell Peppers

Turnips

## NUTS

Almonds

Pistachios

Walnuts

Pecans

Cashews

Peanuts

Hazelnuts

Macadamia Nuts

Pine Nuts

## WHOLE GRAINS

Quinoa

Brown Rice

Barley

Whole Wheat Pasta

Farro

Bulgur

Millet

Buckwheat

Teff

Whole Wheat Bread

Popcorn

Whole Grain Cereal

Whole Grain Crackers

Rye Bread

Amaranth

Spelt

Sorghum

Freekeh

Whole Grain Tortillas

## SEEDS

Pumpkin Seeds

Flax Seeds

Sunflower Seeds

Hemp Seeds

Sesame Seeds

Poppy Seeds

Hemp Hearts