

How Much Fiber?

Vegetables	Serving Size	Fiber Grams
broccoli	1 cup	12
artichokes	1 medium	10
greens	1 cup	8
sweet potatoes	1 cup	8
avocado	1/2 medium	7
brussels sprouts	1 cup	6
carrots	1 cup	5
kohlrabi	1 cup	5
cauliflower	1 cup	5
okra	1 cup	4
cabbage	1 cup	4
asparagus	1 cup	4
onions	1 cup	4
Grains	Serving Size	Fiber Grams
pearl barley	1 cup, cooked	6
whole wheat pasta	1 cup, cooked	6
quinoa	1 cup, cooked	5
brown rice	1 cup, cooked	4
oats	1 cup, cooked	4
whole grain cornmeal	1 cup, cooked	3
wild rice	1 cup, cooked	3

Beans, Nuts, and Seeds	Serving Size	Fiber Grams
navy beans	1/2 cup	10
chia seeds	5 Tbsp	10
black beans	1/2 cup	8
lentils	1/2 cup	8
pinto beans	1/2 cup	8
kidney beans	1/2 cup	7
lima beans	1/2 cup	7
black-eyed peas	1/2 cup	6
garbanzo beans	1/2 cup	6
edamame (green soybeans)	1/2 cup	4
peas	1/2 cup	4
Fruits	Serving Size	Fiber Grams
blackberries	1 cup	8
raspberries	1 cup	8
pears	1 medium	6
blueberries	1 cup	6
mango	1 medium	5
apples	1 medium	4
cherries	1 cup pitted	4
bananas	1 medium	3
figs	2 medium	3
oranges	1 medium	3

Fiber Goal = 30 grams/day

High Fiber Meal Ideas:

- Top morning oatmeal with berries
- Whip up a green smoothie with a banana, greens, and chia
- Snack on apples, carrots, and kohlrabi
- Create easy grab and go lunch bowls with brown rice, black beans, avocado, and salsa
- Add artichokes and garbanzo beans to your green salad
- Add quinoa and beans to chili
- Serve baked beans as a dinner side dish
- Swirl artichokes, onions, and broccoli into whole grain spaghetti
- Roast a variety of vegetables for sides and lunches: broccoli, sweet potato, carrot, kohlrabi, onions, and Brussels sprouts
- Munch on high -protein edamame with a hint of sea salt
- Simmer pears, apples, and cinnamon in a slow-cooker for an all-natural dessert
- Mix up some no-bake granola cookies with oats, dried figs, chia seed, and nuts