

While most vegetables and fruits provide about 2 grams of fiber/serving, the following provide even more . . .

VEGETABLES HIGH IN FIBER

Artichokes
Beets and Beet Greens
Broccoli
Brussels Sprouts
Carrots
Kale
Lima Beans
Okra
Parsnips
Peas
Spinach
Squash, Winter-type (dark yellow-orange)
Sweet Potatoes and Yams

FRUITS HIGH IN FIBER

Berries (blackberries, boysenberries, elderberries, gooseberries, raspberries)

Dates
Figs
Guava
Kiwi
Kumquat
Orange
Persimmon
Prunes
Tangerine and Tangelo

WHOLE GRAINS PROVIDING MORE THAN 3 GRAMS FIBER/SERVING

Amaranth
Barley
Bran and Bran Cereals (check labels)
Bulgur
Whole-wheat Pasta
Quinoa