

High Fibre Food Chart

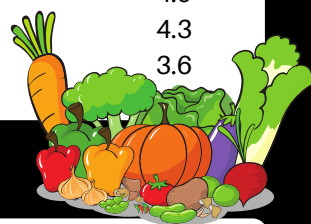
FRUITS



	Serving Size	Fibre(grams)
Raspberries	1 cup	8.0
Pear	1 medium	5.5
Avocado	1/2 cup	5.0
Blueberries	1 cup	6.2
Apple with skin	1 large	5.4
Figs, dried	1/4 cup	3.7
Prunes, dried	1/4 cup	3.1
Orange	1 fruit	3.1
Banana	1 large	3.5
Strawberries, raw	1 cup, sliced	3.0

VEGETABLES

	Serving Size	Fibre(grams)
Artichoke, cooked	1 cup	9.6
Green peas, cooked	1 cup	8.8
Pumpkin, canned	1 cup	7.1
Brussel sprouts, cooked	1 cup	6.4
Sweet potato, cooked	1 cup	6.3
Broccoli, cooked	1 cup	5.2
Cauliflower, cooked	1 cup	4.9
Spinach, cooked	1 cup	4.3
Carrots, raw	1 cup	3.6

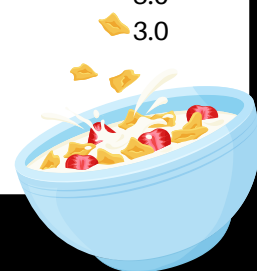


BEANS

	Serving Size	Fibre(grams)
Navybeans,cooked	1/2 cup	9.6
Small white beans, cooked	1/2 cup	9.3
Yellow beans, cooked.	1/2 cup	9.2
Lima beans, cooked.	1 cup	9.2
Peas, split, cooked.	1/2 cup	8.1
Lentils, cooked.	1/2 cup	7.8
Pinto beans, cooked	1/2 cup	7.7
Chickpeas, cooked.	1/2 cup	6.3
Kidney beans, canned	1/2 cup	5.5

CEREALS

	Serving Size	Fibre(grams)
Fiber One, General Mills	1/2 cup	13.0
Bran Buds, Kellogg's	1/3 cup	12.0
All-Bran, Kellogg's	1/2 cup	10.0
Raisin Bran, Kellogg's	3/4 cup	8.2
Instant Oatmeal	1 pack	3.0
Cheerios	1 cup	3.0



GRAINS

	Serving Size	Fibre(grams)
Bulgur, cooked	1/4 cup	2.1
Popcorn	1 cup	1.9
Barley, pearled, 1/4 cup		1.5
cooked Crackers, 100g	100g	2.9
whole wheat Corn tortillas		6



SEEDS AND NUTS

	Serving Size	Fibre(grams)
Pumpkin seeds,	50g	9
whole Cashews	50g	2
Almonds	50g	1.8
Sunflower seeds	50g	1.6
Chia seeds	1 tablespoon	6
Flax seeds	1 tablespoon	0.9

