

HIGH FIBER FOODS

“Fiber is the unsung hero of the body” Madison Schaefer R.D.

Shoot for **at least** 25 grams of fiber daily¹

FOOD	Serving Size	Grams of Fiber
Black Beans	1 cup	15 grams
Lentils	1 cup	15 grams
Raspberries	1 cup	8 grams
Flax Seeds Whole	3 tbsp	8 grams
Blackberries	1 cup	7.6 grams
Almonds	2 oz	7 grams
Chia Seeds	2 tbsp	8 grams
Pear	1 medium whole	6 grams
Broccoli	1 cup	5 grams
Quinoa	1 cup	5 grams
Avocado	1/2 large Or 1 small	5 grams
Apple	1 medium whole	4 grams
Oatmeal	1/2 cup	4 grams
Brussel Sprouts	1 cup	4 grams
Japanese Sweet potato	1 medium whole	4 grams
Almonds	1 oz	3.5 grams

¹ <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/high-fiber-foods/art-20050948>