

Top Soluble Fiber Foods



Soluble Fiber Foods	Quantity	Grams of Fiber
Black Beans	1 cup	15g
Lima Beans	1 cup	8g
Brussels Sprouts	1 cup	4g
Avocados	Each	4g
Sweet Potatoes	1 cup	3g
Broccoli	1 cup	3g
Turnips	1 cup	3g
Pears	Each	1.5g
Kidney Beans	1 cup	4g
Figs	1 cup	8g
Nectarine	Each	1.4g
Apricots	3 apricots	1.4g
Carrots	1 cup	1.4g
Apples	Each	1g
Guavas	Each	1g
Flax Seeds	1 TBL	.06-1.2g
Sunflower Seeds	¼ cup	1g
Hazelnuts	1 cup	1g
Oats	1 cup	2g
Barley	1 cup	1.5g

Top Insoluble Fiber Foods



Insoluble Fiber Foods	Quantity	Grams of Fiber
Wheat Bran	½ cup	11g
Wheat Germ	½ cup	8.5g
Organic Popped Corn	3 cups	2g
Kidney and Pinto Beans	1 cup	12g
Navy Beans and Lentils	1 cup	6.5g
Black and Lima Beans	1 cup	6.5g
Chickpeas	1 cup	6g
Turnips, okra and green peas	1 cup	6g
Asparagus, beets, sweet potato, broccoli, brussels sprouts, kale and green beans	1 cup	3-4g
Bell peppers, tomato and carrots	1 cup	1g
Raspberries	1 cup	2.5g
Small apple with skin	Each	2g
Fresh Strawberries	1 ¼ cup	2g
Whole Pear	Each	4g
Figs	2	4g
Flax Seeds	1 TBL	2g
Walnuts	20	2g
Almonds	24	2g
Sunflower Seeds	¼ cup	2g