

Load up on These Foods

Top 5 Fruits for Your Diet

Raspberries/Blackberries	8g fiber/1cup
Pears	6g fiber/1 medium
Apples	4g fiber/1 medium
Oranges	3g fiber/1 medium
Bananas	3g fiber/1 medium

** Other good choices: Papaya, Kiwi, Blueberries, Strawberries, Guava, Mango, Peach

Top 5 Vegetables for Your Diet

Avocado	14g fiber/1 medium
Broccoli	5g fiber/1 cup
Spinach	4g fiber/1 cup
Sweet Potato	4g fiber/1 medium
Carrots	5g fiber/1 cup

** Other good choices: Corn, Green Cabbage, Beets, Kale, Zucchini, Tomatoes, Romaine Lettuce

Top 5 Beans for Your Diet

Navy Beans	10g fiber/ ½ cup
Lentils	8g fiber/ ½ cup
Pinto Beans	8g fiber/ ½ cup
Black Beans	8g fiber/ ½ cup
Kidney Beans	6g fiber/ ½ cup

** Other good choices: Lima beans, Garbanzo beans, Black-Eyed peas, green peas, green beans

Top 5 Nuts and Seeds for Your Diet

Chia Seeds	11g fiber/ 1oz
Flaxseeds	8g fiber/ 1oz
Almonds	4g fiber/ 1oz
Sunflower Seeds	2g fiber/ 1oz
Peanuts	2g fiber/ 1oz

** Other good choices: Walnuts, Pecans, Hazelnuts, Brazil Nuts, Pumpkin Seeds

Top 5 Grains for Your Diet

Wheat	8g fiber/ 1 cup
Pearl Barley	6g fiber/ 1 cup
Quinoa	5g fiber/ 1 cup
Oats	4g fiber/ 1 cup
Brown Rice	g fiber/ 1 cup

** Other good choices: Rye flakes, Buckwheat groats, whole-grain cornmeal, wild rice, millet