



Foods Rich In Fiber

A diet rich in fiber is an important part of a healthy lifestyle, not only to help our bowel function, but to protect us from diabetes, certain cancers and heart disease as well!

Recommended daily fiber is 25 – 30 gms for an adult.

Below is a list of typical high fiber foods.

Apricots
Raspberries, blackberries, strawberries
Guava
Pears
Peas, corn, broccoli, green beans, spinach, carrots, brussel sprouts
Red beans, chick peas, black beans, white beans, kidney beans,
blackeyed peas, mung beans, lentils
Orowheat Double Fiber and Milton's Bread
Orowheat Double Fiber Muffins
Mission Carb Balance/Whole Wheat Tortillas
Brown Rice
Whole Wheat Pastas
Popcorn
Peanuts, Brazil Nuts, Sunflower Seeds, Cashews, Walnuts
Rye, Oats, Buckwheat, Barley
Fiber One Cereals (all kinds)
All Bran Cereals
Raisin Bran
Regular Oatmeal (not the quick cook kind)
Fibersure/Benefiber Supplements