

High Fiber Food List

Name	Date
Age	Gender
Weight	Height
General guidelines <ul style="list-style-type: none">• Include a mix of fruits, vegetables, legumes, grains, and nuts to get a broad range of fiber types.• If you're not used to a high-fiber diet, introduce these foods slowly to avoid digestive issues.• Drink plenty of water to help your body process the increased fiber intake.• Check food labels for fiber content to make informed choices.• Steam, bake, or lightly sauté vegetables to preserve their fiber content.• Incorporate high-fiber foods as part of a balanced diet rich in vitamins, minerals, and protein.	
High-fiber food list	
Fruits	Vegetables
<ul style="list-style-type: none">• Apples• Pears• Berries (strawberries, blueberries, raspberries)• Oranges• Bananas• Avocado• Prunes• Figs	<ul style="list-style-type: none">• Broccoli• Brussels sprouts• Spinach• Kale• Carrots• Sweet potatoes• Beets• Cauliflower• Potatoes (with skin)• Yams• Turnips
Whole grains	Legumes
<ul style="list-style-type: none">• Oats• Quinoa• Brown rice• Whole wheat pasta• Barley• Farro• Buckwheat• Whole wheat bread	<ul style="list-style-type: none">• Lentils• Chickpeas• Black beans• Kidney beans• Split peas• Pinto beans

Nuts and seeds	Others
<ul style="list-style-type: none">• Almonds• Chia seeds• Flaxseeds• Sunflower seeds• Pumpkin seeds• Walnuts	<ul style="list-style-type: none">• Bran cereal• Oatmeal• Popcorn (air-popped)• Whole grain crackers• Rice cakes• Whole grain granola• Psyllium husk• Wheat bran• Soy milk
Recommendations	
Additional notes	