

# High Fiber Food List

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

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