

HIGH FIBER FOODS

product per 100 g



Avocado
7 g



Raspberries
6.5 g



Pears
3.1 g



Bananas
2.6 g



Apples
2.4 g



Oranges
2.4 g



Artichokes
5.4 g



Broccoli
2.6 g



Brussels Sprouts
3.8 g



Carrots
2.8 g



Sweet potatoes
3.3 g



Spinach
2.4 g



Kale
2 g



Lentils
7.9 g



Black Beans
8.7 g



Chickpeas
7.6 g



Edamame
5.2 g



Oats
10.6 g



Quinoa
2.8 g



Brown Rice:
1.8 g



Barley
3.8 g



Chia seeds
34 g



Flaxseeds
27 g



Almonds
12.5 g



Pistachios
10.3 g



Sunflower Seeds:
8.6 g



Coconut
9 g



Sweet Corn
2.7 g



Figs (dried)
9.8 g



Prunes
7.1 g

Healthy Highfiber Cooking

Siddappa N.Byrareddy



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