



FIBER GUIDE

Here is a list of the fiber content of common foods to help you swap in high fiber foods to daily eating. The goal is to get at least 25 grams of fiber a day to start, but 30 grams or more is ideal.

Almonds, 1 oz	3.4 g	Green Beans 1 cup	2.7 g
Apple, medium	4.3 g	Lentils, 1/2 cup	7.7 g
Avocado 1/2 cup	5 g	Mushrooms, 1/2 cup	1.5 g
Banana, 1 medium	3g	Oatmeal, 1/2 cup dry	About 4 g
Bell Peppers, 1 cup	4 g	Pasta, high fiber 2 oz	4 - 5 g
Black Beans, 1/2 cup	8.28 g	Pear, medium	5.5 g
Blueberries, 1 cup	3.5 g	Quinoa, 1/2 cup	5 g
Broccoli, 1 cup	2.28 g	Raspberries, 1/2 cup	4 g
Carrots, baby 1 cup	3.4 g	Romaine Lettuce, 2 cups	1.97 g
Cinnamon, 1 teaspoon	1 g	Spinach, 2 cups	8.5 g
Clementine Orange	1.5 g	Strawberries, 1 cup	2.8 g
Corn, 1 ear	1.46 g	Sweet Potato, 1 cup	6.6 g
Flaxseed, 2 tablespoons	3.8 g	Whole Wheat Bread, 1 slice	About 4 g

Swap in your fiber choice.

I will add this fiber food to my eating this week:

I will eat it at this meal or snack: