

FIBER RICH FOODS

Fiber is found in foods that come from plants- fruits, vegetables, grains, and legumes. Boost your fiber around the plate with these 10 fiber rich foods.



SPLIT PEAS & LENTILS

15.5-16 grams/cup



WHOLE WHEAT SPAGHETTI

6 grams/cup



BLACK BEANS

15 grams/cup



PEAR

5.5 grams/1 medium



BAKED BEANS

10 grams/cup



BROCCOLI

5 grams/cup



GREEN PEAS

9 grams/cup



APPLE WITH PEEL

4.5 grams/1 medium



RASPBERRIES

8 grams/cup



POTATO WITH SKIN

4 grams/1 medium