

Fiber-Rich Foods



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Chia Seeds
9.75g/ 1 oz



Raspberries
8g/ 1 cup



Chickpeas
12.5g/ 1 cup



Avocado
13.4g/1 medium



Split Peas
16g/ 1 cup



Artichokes
7g/1 medium



Almonds
8.4g/ 0.5 cups



Sunflower Seeds
11.6g/ 0.5 cups



Black Beans
15g/ 1 cup



Pears
6g/ 1 medium



Broccoli
5g/1 cup cooked



Coconut
7g/ 1 cup