

Food List
High in Fiber



Fruits

- ◯ Apples
- ◯ Coconut
- ◯ Dried figs
- ◯ Bananas
- ◯ Blackberries
- ◯ Guava
- ◯ Oranges
- ◯ Pears
- ◯ Prunes
- ◯ Raspberries
- ◯ Strawberries

Vegetables

- ◯ Artichokes
- ◯ Avocado
- ◯ Beetroot
- ◯ Brocolli
- ◯ Brussels Sprouts
- ◯ Carrots
- ◯ Cauliflower
- ◯ Okra
- ◯ Onions
- ◯ Parsnips
- ◯ Potatoes
- ◯ Pumpkin
- ◯ Squash
- ◯ Sweet potatoes

Grains

- ◯ Brown rice
- ◯ Buckwheat
- ◯ Bulgar wheat
- ◯ Corn
- ◯ Oatmeal
- ◯ Pearl barley
- ◯ Popcorn
- ◯ Quinoa
- ◯ Wholegrain bread
- ◯ Whole wheat pasta

Legumes

- ◯ Adzuki beans
- ◯ Black beans
- ◯ Chickpeas
- ◯ Lentils
- ◯ Lima beans
- ◯ Mung beans
- ◯ Peas
- ◯ Pinto beans
- ◯ Red kidney beans
- ◯ Soybeans
- ◯ Split peas
- ◯ White beans

Nuts and Seeds

- ◯ Almonds
- ◯ Chia seeds
- ◯ Flax seeds
- ◯ Pecans
- ◯ Pistachios
- ◯ Pumpkin seeds

Listonic

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