

FIBER-RICH FOODS GUIDE

Support digestion, heart health, and overall wellness

SOLUBLE FIBER (*Heart, Cholesterol & Blood Sugar Support*)

Fruits: Apples, oranges, pears, peaches, plums, berries, bananas

Vegetables: Carrots, Brussels sprouts, sweet potatoes, turnips, beets

Legumes: Lentils, chickpeas, black beans, kidney beans, split peas

Grains & Seeds: Oats, barley, psyllium husk, flaxseeds, chia seeds

INSOLUBLE FIBER (*Digestion & Regularity*)

Whole Grains: Whole wheat, wheat bran, brown rice, quinoa, bulgur, corn/popcorn

Vegetables: Cauliflower, green beans, zucchini, celery, cucumbers, leafy greens

Fruits (skins/seeds): Apple skins, pear skins, grapes, tomatoes, avocados

Nuts & Seeds: Almonds, walnuts, sunflower seeds

BOTH FIBER TYPES (*↓ Colon Cancer Risk, Weight & Immune Support*)

Fruits: Apples (whole), pears, berries (raspberries, blackberries), figs, prunes

Vegetables: Broccoli, carrots, artichokes, sweet potatoes (with skin)

Legumes: Beans (black, pinto, navy, kidney), lentils, chickpeas

Whole Grains: Oats, barley, whole wheat bread/pasta, quinoa

Nuts & Seeds: Chia seeds, flaxseeds, almonds

TIPS

- Increase fiber **gradually** to prevent bloating
- Women: **22–25g/day** | Men: **34–38g/day**
- Drink **2–3L of water daily** (fiber needs water to work effectively)
- Include **both soluble & insoluble fiber daily**
- Keep **skins on fruits & vegetables** when possible
- Add **oats, beans, lentils, or chia seeds** to your daily routine