FOODS THAT HELP YOU GET 20-35 grams OF FIBER A DAY

FIBER CAN BE FOUND IN ALMOST EVERY FOOD GROUP. TRY THE FOODS BELOW TO GET YOUR 20 TO 35 GRAMS.

FRUITS

APPLE (1) 3.3 g
PEAR (1) 5.1 g
RASPBERRIES (1 cup) 8.0 g
DATES (1 cup) 14.2 g

VEGETABLES

CARROT (1, raw) 2.0 g
POTATO (baked) 4.4 g
BRUSSELS SPROUTS (1 cup, frozen, cooked) 6.4 g
SPINACH (1 cup, frozen, cooked) 7.0 g

NUTS & LEGUMES

ALMONDS (1 oz) 3.5 g
CHICKPEAS (1 cup, cooked) 12.5 g
LENTILS (1 cup, cooked) 15.6 g

GRAINS

MULTIGRAIN BREAD (1 slice) 1.9 g
BROWN RICE (1 cup, cooked) 3.5 g
OAT BRAN (1 cup, raw) 14.5 g

GETTING THE PROPER AMOUNT OF DAILY FIBER MAY HELP TO MAINTAIN A HEALTHY WEIGHT AND LOWER CHOLESTEROL.