

Fill Up On Fiber

Build Better Health

GOAL: 25-35 grams daily

Food	Amount of Fiber
Lentils	7.8 g
Chickpeas	6.2 g
Avocados (3 oz)	6.0 g
Pear (1 medium)	5.5 g
Apple (1 medium)	4.4 g
Green Peas	4.4 g
Blueberries	3.6 g
Strawberries	3.3 g
Winter Squash	3.2 g
Orange (1 medium)	3.1 g
Nuts/Seeds (1/4 cup)	3.0 g
Broccoli	2.5 g

(Servings = ½ cup unless noted)