

# Breakfast High-Fiber Foods



Whole grain hot cereals, such as oats (2 g fiber per ½ cup)



Whole grain and/or high-fiber cold cereal, such as Kellogg's All Bran (10 g fiber per ½ cup), Fiber One (14 g fiber per ½ cup), Kashi Go Lean Crunch Cereal (6 g fiber per ¾ cup), Chex Multi-Bran (6 grams per ¾-cup serving)



Whole grain breads, such as Oroweat Double Fiber (5 g fiber per slice), and Nature's Own Double Fiber (5 g fiber per slice)



Whole grain and/or high-fiber bagels, English muffins, waffles, and pancakes, such as Eggo FiberPlus Calcium Waffles (5 g fiber per waffle) and Oroweat Double Fiber English Muffins (4 g fiber per ½ slice)



High-fiber fruits, such as raspberries (4 g fiber per ½ cup), blueberries (4 g fiber per ½ cup), and strawberries (3 g fiber per 1 c)



Whole grain and/or high-fiber muffins, such as bran muffins (3 g fiber per small muffin)



Nuts and seeds sprinkled over cereals, such as almonds (4 g fiber per ounce) and flaxseed (8 g fiber per ounce)



High-fiber yogurts, such as Dannon Light n' Fit with Fiber Yogurt (3 g fiber per 4 oz) and Fiber One Yogurt (5 g fiber per 4 oz)

# Lunch High-Fiber Foods



Sandwiches made with whole grain and/or high-fiber breads such as Sarah Lee Delightful 100% Whole Wheat (3 g fiber per slice)



Sliced tomatoes on sandwiches or salads (2 g fiber per small tomato)



Fresh vegetables, such as baby carrots (2 g fiber per 85 g serving), snow peas (3 g fiber per 1 cup)



High-fiber bean, lentil or vegetable soup, such as Progresso High Fiber Minestrone Soup (7 g fiber per 1 cup)



Cooked beans or lentils added to soups, wraps, or salads, such as kidney beans (7 g fiber per ½ cup)



Fresh fruit, such as bananas (3 g fiber per small banana) or apples (4 g fiber per small apple)



Nut butter on bread or crackers, such as peanut butter (3 g fiber per 2 Tbsp)

# Dinner High-Fiber Foods



Whole grain side dishes, such as whole-wheat spaghetti noodles (3 g fiber per ½ cup), bulgur (4 g fiber per ½ cup), and quinoa (3 g fiber per ½ cup)



Beans and lentils in soups, side dishes, stews and entrees, such as white beans (6 g fiber per ½ cup), lentils (8 g fiber per ½ cup) and chickpeas (6 g fiber per ½ cup)



Fresh or cooked vegetables, such as artichoke (7 g fiber per ½ cup), mixed vegetables (4 g fiber per ½ cup), and broccoli (3 g fiber per ½ cup)



Baked potatoes with skin (5 grams fiber each)



Whole grain and/or high-fiber rolls and crackers such as Wasa Fiber Crispbread (6 g fiber per 3 slices)

# Snack High-Fiber Foods



Fresh fruit, such as pears (5 g fiber per small pear) and oranges (4 g fiber per large orange) as snack or added to cottage cheese or yogurt



Dried fruit, such as dates (7 g fiber per ½ cup) and figs (4 g fiber per 2 dried figs)



Fresh veggies, such as edamame (6 g fiber per ½ cup), bell peppers (3 g fiber per cup), and celery (2 g fiber per 110 gram serving)



Nuts and seeds, such as walnuts (2 g fiber per ounce) and sunflower seeds (2 g fiber per ounce)



Whole grain and/or high-fiber granola or nutrition bars, such as Fiber One Oats & Peanut Butter Bar (9 g fiber each) and Kellogg's Fiber Plus Dark Chocolate Almond Bar (7 g fiber per bar)



Whole grain and/or high-fiber crackers, such as Ry Krisp (6 g fiber per 4 crackers)