

POPULAR HIGH-FIBER SNACKS

Product*	Serving Size	Calories	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)
Uplift Food Gut Happy Cookies	4 cookies (40 g)	170	6	4	8	105
Barbara's Puffins Cereal, Original	¾ cup (30 g)	90	5	5	3	170
F-Factor Fiber/Protein Bar	1 bar (62 g)	170	20	2	20	180
Enlightened Bada Bean Bada Boom Crunchy Broad Beans	1 oz (28 g)	100	6	1	7	0–150
Saffron Road Crunchy Chickpeas, Bombay Spice	¼ cup (30 g)	130	5	1	6	150
Go Raw Spicy Fiesta Sprouted Flax Snax	20 pieces (28 g)	150	5	1	6	300
Seapoint Farms Dry Roasted Edamame	½ cup (30 g)	130	8	1	13	150
Bare Baked Crunchy Carrot Chips	1 bag (1.4 oz)	140	7	10	2	420
Trader Joe's Beet Chips	1 bag (1.3 oz)	140	7	17	4	120
Bush's Best Crisp-Roasted Chickpeas	¼ cup (1 oz)	90	9	1	6	100
ProGranola	½ cup (37 g)	91–110	12–15	0–1	12	125–200
FiberGourmet Thinables	1 oz (28 g)	60–70	11–12	0–4	3–4	90–290

SOURCE: COMPANY WEBSITES

* PRODUCT LIST REPRESENTS A SAMPLING OF SOME OF THE POPULAR HIGH-FIBER SNACKS AVAILABLE.