

Fiber — A Variety of Foods to Supply a Variety of Types^{2,5,9}

FIBER TYPE	WHOLE GRAINS	VEGETABLES	FRUITS	LEGUMES (DRIED BEANS AND PEAS)	NUTS AND SEEDS	ADDED FUNCTIONAL FIBER
Viscous	Barley Oatmeal Oat bran	Eggplant Okra Sweet potato Winter squash	Apples Oranges Pears Many other fruits	Chickpeas Dried beans (black, kidney, navy) Lentils Split peas	Chia seeds Flaxseeds	Beta-glucan Guar gum (raw, but not partially hydrolyzed) Pectin Psyllium
Fermentable	Barley Oatmeal Oat bran	Artichokes Asparagus Mushrooms Onions Seaweed	Bananas (unripe)	Chickpeas Dried beans (black, kidney, navy) Lentils Split peas	N/A	Beta-glucan Chicory root fiber Inulin Resistant starch Wheat dextrin
Insoluble or Nonfermentable “Bulking”	Popcorn Quinoa Wheat bran Whole wheat Whole rye	Most vegetables	Apples Avocado Berries Guava Pears	Chickpeas Dried beans (black, kidney, navy) Lentils Split peas	Most nuts and seeds	Cellulose Methylcellulose