



High Fibre Foods List

From Absolute Wellbeing

There are hundreds of delicious foods I recommend. The list focuses on the core foods, foods that will be more familiar, available at regular grocery stores, and foods you might already like. You just need to eat more of them.

Produce Section

Fruit

Raspberries	8g fibre/cup
Blackberries	8g fibre/cup
Pears	6g fibre/medium
Apples	4g fibre/medium
Papaya	6g fibre/medium
Kiwi	5g fibre/2 medium
Blueberries	4g fibre/cup
Oranges	3g fibre/medium
Bananas	3g fibre/medium
Strawberries	3g fibre/cup
Mango	3g fibre/cup
Peach	2g fibre/medium

Vegetables

Avocado	7g fibre/half medium
Butternut Squash	7g fibre/cup cooked
Broccoli	5g fibre/cup
Carrots	5g fibre/cup cooked
Corn	5g fibre/cup cooked
Spinach	4g fibre/cup
Sweet Potatoes	4g fibre/medium
Cabbage	3g fibre/cup cooked
Beets	3g fibre/cup cooked
Kale	3g fibre/cup cooked
Asparagus	3g fibre/7 spears
Tomatoes	2g fibre/cup cooked
Green Beans	2g fibre/cup cooked
Mushrooms	3g fibre/cup cooked
Eggplant	2g fibre/cup cooked
Tomatoes	1g fibre/cup cooked
Cauliflower	2g fibre/cup cooked

Seeds

Chia seeds*	10g fibre/2 tbsp
Flax seeds*	8g fibre/2 tbsp
Sunflower seeds	4g fibre/2 tbsp

*High omega 3 content

Nuts

Almonds	4g fibre/2tbsp
Pistachios	3g fibre/2tbsp
Hazelnuts	3g fibre/2tbsp
Pecans	3g fibre/2tbsp
Macadamias	2g fibre/2tbsp
Brazil nuts	2g fibre/2tbsp

Whole Grains

Barley	6g fibre/1 cup, cooked
Quinoa	5g fibre/1 cup, cooked
Rolled oats	4g fibre/1 cup, cooked
Steel cut oats	4g fibre/1 cup, cooked
Wild rice	3g fibre/1 cup, cooked
Brown rice	3g fibre/1 cup, cooked
Kellogg's All Bran	12.6g fibre/45g serving

Legumes

Navy beans	10g fibre/half cup cooked
Pinto beans	8g fibre/half cup cooked
Black beans	8g fibre/half cup cooked
Red beans	8g fibre/half cup cooked
Great Northern beans	7g fibre/half cup cooked
Cannellini beans	7g fibre/half cup cooked
Lima beans	7g fibre/half cup cooked
Black eyed peas	6g fibre/half cup cooked
Garbanzo beans	6g fibre/half cup cooked

I recommend buying dried beans, rather than tinned. Soak in a little whey or salt to ferment for 8 hours. Then cook them up. They will be much easier to digest. I usually cook extra and freeze to use immediately.