

Shift.

High Fiber Cheat Sheet

Whole Grains

- Oats & Oatmeal 10-11g/100g
- Whole wheat bread 6g/100g
- Brown Rice 1.8g/100g
- Barley 3-4g/100g
- Quinoa 2.8g/100g
- Whole wheat pasta 3-8g/100g
- High fiber cereals 6-9g/100g

Veggies

- Artichokes 5g/100g
- Broccoli 2.6g/100g
- Brussels sprouts 3.8g/100g
- Sweet potatoes 2-3g/100g
- Carrots 2.8-3g/100g
- Kale 2g/100g
- Beets 2-3.8g/100g
- Winter squash 2-7g/100g

Fruits

- Passion fruit 10-10.4g/100g
- Prunes 7g/100g
- Avocado 6.8g/100g
- Raspberries 7g/100g
- Blackberries 5g/100g
- Guavas 5g/100g
- Pomegranate 4g/100g
- Persimmons 3.6g/100g
- Dates 8g/100g

Legumes

- Lentils 8g/100g
- Chickpeas 7-9g/100g
- Beans 8.7-10.5g/100g
- Green peas 5g/100g

Nuts & Seeds

- Chia seeds 9.8g/2 tbsp
- Flax seeds 3.8g/2 tbsp
- Almonds 12g/100g
- Pistachios 10g/100g
- Hazelnuts 10g/100g
- Pecans 10g/100g

Tips

- Aim to get 25g-35g of Fiber per day
- Eat mainly whole unprocessed foods