

Chief Sources of **FOODS HIGH IN FIBER**

Food Groups	
Breads	Whole grain breads such as 100% whole wheat, rye and pumpernickel; bran muffins.
Cereals	Bran-type cereals such as unprocessed bran, concentrated bran, 100% bran, bran flakes, shredded wheat, puffed wheat, oatmeal (rolled oats), oat flakes, granola.
Cereal Products, Grains & Flours	Wheat germ, wild rice, brown rice, prepared bran, buckwheat, cornmeal, millet, grits, rice bran, whole wheat.
Fruits	Fresh fruits with skin: apples, figs, apricots, grapes, peaches, pears, plums. Bananas. Berries: blackberries, blueberries, boysenberries, raspberries, strawberries, cranberries, currants. Dried fruits: apricots, figs, prunes, dates, raisins, apples. Cooked fruits.
Vegetables	Raw vegetables: cauliflower, carrots, celery, spinach, tomatoes, radishes, scallion, cabbage. Fresh greens. Steamed vegetables in small amount of water: artichokes, broccoli, brussel sprouts, okra, peas, potatoes, rutabagas, spinach, squash, turnips, cauliflower, carrots.
Meat Alternatives	Legumes. Nuts: almonds, Brazil nuts, cashews, hazelnuts, peanuts, pecans, walnuts. Seeds: pumpkin, soy, poppy, caraway, sesame.
Desserts	Oatmeal and bran cookies. Fruit.
Miscellaneous	Chunky orange marmalade, rye or whole-wheat crackers, Rye Crisp, fresh vegetable soup with dried peas, lentils or barley.