

## HIGH FIBER DIET

High fiber foods:

Grain products	Whole grain breads, buns, bagels, muffins, bran flakes, all bran, bran buds, corn bran, whole shredded wheat, 100% bran and fiber 1 cooked cereal such as red river and oat bran, whole-wheat pastas, whole grains such as barley, popcorn, corn and brown rice
Fruits:	Dried fruits such as apricots, dates, prunes, and raisins, berries such as blackberries, blueberries, raspberries and strawberries, oranges, apple with skin, avocado, kiwi, mango and pears
Vegetables:	Broccoli, spinach, swiss chard, green peas, and other dark green leafy vegetables, dried peas and beans such as kidney beans, lima beans, black-eyed beans, chick peas and lentils
Nuts and seeds:	Nuts and seeds such as almonds, whole