

The Top Twenty Fiber Foods

This list can serve as a general guide.

1. **Dried beans, peas, and other legumes** - *This includes baked beans, kidney beans, split peas, dried limas, garbanzos, pinto beans and black beans.*
2. **Bran cereals** - *Topping this list are Bran Buds and All-Bran, but 100% Bran, Raisin Bran, Most and Cracklin' Bran are also excellent sources.*
3. **Fresh or frozen lima beans, both Fordhook and baby limas**
4. **Fresh or frozen green peas**
5. **Dried fruit, topped by figs, apricots and dates**
6. **Raspberries, blackberries and strawberries**
7. **Sweet corn** - *Whether on the cob or cut off in kernels*
8. **Whole-wheat and other whole-grain cereal products** - *Rye, oats, buckwheat and stone-ground cornmeal are all high in fiber. Bread, pastas, pizzas, pancakes and muffins made with whole-grain flours.*
9. **Broccoli** - *Very high in fiber!*
10. **Baked potato with the skin** - *The skin when crisp is the best part for fiber. Mashed and boiled potatoes are good, too-but not French fries, which contain a high percentage of fat.*
11. **Green snap beans, pole beans, and broad beans** - *These are packaged frozen as Italian beans, in Europe they are known as haricot or French beans.*
12. **Plums, pears, and apples** - *The skins are edible, and are all high in pectin.*
13. **Raisins and prunes** - *Not as high on the list as other dried fruits (see #5) but very valuable.*
14. **Greens** - *Including spinach, beet greens, kale, collards, Swiss chard and turnip greens.*
15. **Nuts** - *Especially almonds, Brazil nuts, peanuts, and walnuts (Consume these sparingly, because of their high fat content).*
16. **Cherries**
17. **Bananas**
18. **Carrots**
19. **Coconut** - *Dried or fresh-but both are high in fat content.*
20. **Brussels sprouts**

- **Soluble fiber** dissolves in water to form a gel-like substance. Sources of soluble fiber are oats, legumes (beans, peas, and soybeans), apples, bananas, berries, barely, some vegetables, and psyllium.
- **Insoluble fiber** increases the movement of material through your digestive tract and increases your stool bulk. Sources of insoluble fiber are whole wheat foods, bran, nuts, seeds, and the skin of some fruits and vegetables.

