

HIGH FIBER DIET

STARCHES

- Brown or wild rice
- Corn
- Popcorn
- Sweet potatoes

BEANS

- Baked beans
- Kidney beans
- Navy beans
- Black-eyed peas
- Lentils
- Pinto beans
- Garbanzo beans
- Lima beans
- Split peas

VEGETABLES

- Asparagus
- Green beans
- Spinach
- Brussels sprouts
- Greens
- Squash
- Broccoli
- Mushrooms
- Tomatoes
- Cabbage
- Okra
- Turnips
- Carrots
- Onions
- Zucchini
- Cauliflower
- Green peppers
- Celery
- Snow peas

FRUITS

- Apples
- Grapes
- Peaches
- Bananas
- Kiwi Fruit
- Pears
- Berries
- Mangos
- Pineapple
- Cranberries
- Melons
- Prunes
- Figs
- Nectarines
- Raisins
- Grapefruit
- Oranges
- Rhubarb

NUTS AND SEEDS

- Almonds
- Hazelnuts
- Sesame seeds
- Brazil nuts
- Peanuts and skins
- Soybeans
- Cashews
- Pumpkin seeds
- Sunflower seeds