

Best High Fiber Foods

Worst Low Fiber Foods

Red Rice, Brown Rice

Dry beans, Dahl

Split peas, green peas

Beetroot

Bok choy

Broccoli

Cauliflower

Brussels sprouts

Chia Seeds

Green beans

Almonds

Artichokes

Asparagus

Avocados

Fennel

Chili & bell peppers

Flaxseeds

Kiwis

Pears

Pomegranates

Nuts, Pistachio, Pumpkin

Tomatoes

Onions

Raspberries, Blackberries

Savoy cabbage

Seaweed

Greens - Spinach, Kale,

Chard, Turnip, Beet greens

Mustard, Collard greens

Sweet potatoes

Squash, Pumpkin



White Rice

Noodles & Pasta

Refined Flours

Fruit Juice

Eggs

Meat, Fish

Fried foods

Pizza

Bread, Crackers, Cake

Chips, Pita

White Potatoes

Sweets, Donuts

Cornflakes, Cheerios

Flavored Yogurt

Smoothie, blended