

Foods with Fibre

Below are some examples of foods with fibre. Choose foods with fibre every day.

Vegetables and fruits					
					
Green peas	Pear	Avocado	Edamame	Raspberries	Apple
					
Orange	Corn	Broccoli	Green beans	Banana	Squash
					
Baked potato	Sweet potato	Carrot	Strawberries	Turnip	Cauliflower
Grain foods					
					
Bran cereal	Bran flakes	Oatmeal	Wheat bran	Barley or bulgur	Quinoa
					
Popcorn	Whole wheat roti or pita	Whole grain pasta	Whole grain bread	Brown rice	
Protein foods					
					
Flax seed	Hummus	Black beans	Kidney beans	Chickpeas	Lentils
					
Almonds	Nuts	Pumpkin seeds	Nut butters	Hemp seeds	