



TOP 20 FIBER FOODS

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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 Fiber One, 100% Bran and Raisin Bran are also excellent sources.)
3. **Fresh or frozen lima beans**
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 corn meal 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 skin is edible and all are high in pectin.)
13. **Raisins and prunes** (not as high in fiber as other dried fruits (see #5 above) but very valuable)
14. **Greens** (including beet greens, kale, collards, Swiss chard and turnip greens)
15. **Nuts** (especially almonds, Brazil nuts, peanuts and walnuts; however, these must be consumed sparingly due to their very high fat content)
16. **Cherries**
17. **Bananas**
18. **Carrots**
19. **Coconut** (dried or fresh, but both have a **very high** fat content)
20. **Brussel sprouts**

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