

Appendix C

High Fiber Foods

Vegetables (Darker color generally means more fiber)

- Bitter Gourd
- Eggplant*
- Collard Greens
- Swiss Chard
- Artichokes**
- Potatoes* **
- Brussel Sprouts
- Legumes* **

Fruit

- Raspberries
- Avocados
- Berries

Top 20 High-Fiber Foods

- Oats*
- Sunflower Seeds
- Ground Flax Seed
- Chia Seeds*
- Pumpkin Seeds*
- Prunes
- Apricots
- Avocado
- Raspberries
- Guava
- Almonds* (skin is high in lectins)
- Walnuts
- Lentils* **
- Black Beans*
- Cauliflower
- Quinoa*
- Brown Rice*
- Sweet Potatoes**
- Broccoli
- Carrots**

* High in lectins

** High in Starches