

SPRING AHEAD NUTRITION & WELLNESS

FIBER GUIDE

FRUITS

APPLE	3.5g
BANANA	3.0g
BLACKBERRIES	7.6g/cup
BLUEBERRIES	4.0g/cup
CHERRIES	5.0g/cup
MANGO	3.3g
PEAR	5.0g
PRUNES	7.7g/cup
RASPBERRIES	8.0g/cup
STRAWBERRIES	3.3g/cup

LEGUMES

BLACK BEANS	15.0g/cup
CHICKPEAS	11.0g/cup
KIDNEY BEANS	13.0g/cup
LENTILS	15.6g/cup
LIMA BEANS	13.2g/cup
NAVY BEANS	19g/cup
PINTO BEANS	15.4g/cup
SOY BEANS	10.3g.cup

VEGGIES

ARTICHOKE	10.3g
BELL PEPPERS	2.5g/cup
BROCCOLI	5.5g/cup
BRUSSEL SPROUTS	6.4g/cup
CARROTS	5.0g/cup
CELERY	1.6g/cup
CORN	4.2g/cup
PEAS	4.4g/cup
POTATO (W. SKIN)	4.4g
SPINACH	3.5g/cup
SPAGHETTI SQUASH	1.5g/cup
SWEET POTATO	6.0g/cup

NUTS & SEEDS

ALMONDS	3.5g/oz
CHIA	10.0g/oz
FLAX	9.0g/oz
PEANUTS	2.3g/oz
PECANS	2.7g/oz
PISTACHIOS	3.0g/oz
PUMPKIN	5.0g/oz
SUNFLOWER	2.0g.oz
WALNUTS	2.0g/oz

WHOLE GRAINS

BARLEY	6.0g/cup	POPCORN	1.0g/cup
BROWN RICE	4.0g/cup	STEEL-CUT OATS	4.0g/cup
FARRO	9.0g/cup	WHOLE WHEAT FLOUR	13.0g/cup
OATMEAL	4.0g/cup	WHOLE WHEAT PASTA	6.0g/cup
QUINOA	5.0g/cup	WILD RICE	3.0g/cup

**measurements per cup, cooked grains*