

TOP FIBER SOURCES

Trying to lose weight or maintain good digestive health? Then fiber is your best friend! The two main types of fiber are insoluble and soluble. Insoluble fiber provides roughage to keep you regular. Soluble fiber dissolves in water and creates bulk in your stomach to keep you feeling full longer, which is why it is often recommended in many weight loss plans. Soluble fiber can also reduce cholesterol, and help maintain blood sugar to support balanced energy levels throughout the day.

To get the recommended 25-30 grams of fiber daily, just add a few servings each day from the fiber-rich foods listed below. You can also supplement your diet with [LeanBiotics® LeanMeal RS™](#) (8 grams of fiber per serving).

Food Group	Foods	Fiber Content
LEGUMES 	Split Peas Lentils Black Beans Garbanzo Beans Great Northern Beans Edamame Green Beans	16 g per cup 16 g per cup 15 g per cup 12 g per cup 12 g per cup 8 g per cup 4 g per cup
VEGETABLES 	Artichokes Peas Acorn Squash Sweet Potatoes Potato Broccoli Brussels Sprouts	10 g per medium head 9 g per cup 9 g per cup 7 g per cup 4 g per medium spud 6 g per medium stalk 4 g per cup
FRUITS 	Avocados Dried Figs Pears Prunes Raspberries Blackberries Apples Dried Apricots	7 g per half 7 g per ½ cup 6 g per medium fruit 6 g per ½ cup 4 g per ½ cup 4 g per ½ cup 4 g per medium fruit 4 g per ½ cup
WHOLE GRAINS 	Wheat Berries Farro Spelt Bulgur Bran Flakes Whole Wheat Pasta Pearled Barley Amaranth Buckwheat Quinoa Oatmeal	24 g per cup 8 g per cup 8 g per cup 8 g per cup 7 g per cup 6 g per cup 6 g per cup 5 g per cup 5 g per cup 5 g per cup 4 g per cup
NUTS & SEEDS 	Chia Seeds Sunflower Seeds Flax Seed Meal Almonds Walnuts	5 g per Tbsp 4 g per cup 3 g per Tbsp 3 g per oz. (22 kernels) 2 g per oz. (14 halves)

Source: Nutritiondata.self.com and Sparkpeople.com