

Quick Reference: High Fiber Grocery List

Fruits & Vegetables

More Options

Many fruits and vegetables contain fiber, but some have more than others. Berries have the most fiber and the least calories of most fruits, including strawberries. Cabbage, leafy greens, and root vegetables are also good sources of fiber.



Raspberries



Collard Greens



Beets



Carrots



Broccoli



Artichokes



Avocado



Apples



Acorn Squash



Asparagus

Legumes

More Options

All beans are good sources of fiber, including pinto, navy, kidney, adzuki, and lima beans.



Black Beans



Lentils



Green Peas



Chickpeas
(Garbanzo)



Peanuts

Grains



Oatmeal



Barley

Nuts & Seeds



Almonds



Chia Seeds

Other



Potatoes
(skin on)

Other Options

Grains: Choose whole grains. Even pasta made with whole grains will have a good serving of fiber.

Cereals: Some have fiber, and others don't. Look for cereals that have more than 5g of fiber per serving.

Supplements: Psyllium Husk (main ingredient in metamucil) is very high in fiber. Adding this to smoothies is a good way to them more filling. Chia seeds are also high in fiber and can be added to smoothies and yogurt.