

# High Fiber Foods

25mg = 100% Daily Value for Fiber

## Bran

- CORN BRAN (240% DV)
- WHEAT BRAN (99%)
- RICE BRAN (99%)
- OAT BRAN (58%)



## Cauliflower and Broccoli

- 1 CUP COOKED BROCCOLI (20%)
- 1 CUP COOKED CAULIFLOWER (12%)



## Cabbage

PER CUP SHREDDED OR COOKED

- SAVORY CABBAGE (16%)
- COMMON CABBAGE (12%)
- RED CABBAGE (16%)
- CHINESE CABBAGE (8%)



## Berries

PER CUP

- RASPBERRIES (32%)
- BLACKBERRIES (30%)
- CRANBERRIES (18%)
- STRAWBERRIES (12%)



## Leafy Greens

PER CUP SHREDDED

- TURNIP GREENS (7%)
- BEET GREENS (6%)
- ROMAINE LETTUCE (4%)
- SPINACH (3%)



## Beans

PER CUP COOKED

- NAVY BEANS (76%)
- PINTO BEANS (62%)
- BLACK BEANS (60%)
- CHICKPEAS (50%)



## Squash

PER CUP COOKED

- ACORN SQUASH (36%)
- BUTTERNUT (26%)
- PUMPKIN (11%)



## Mushrooms

PER CUP COOKED

- WHITE MUSHROOMS (14%)
- SHIITAKE (12%)
- PORTABELLO (11%)



## Celery

- 1 CUP CHOPPED CELERY (6%)
- 1 MEDIUM STALK (2%)



## Oranges

- 1 CUP ORANGE SEGMENTS (17%)
- 1 MEDIUM ORANGE (12%)

