

**Fiber (g)**

29	Flour, rye 100% stone ground whole grain	Quantity: 1 cup, 148g	3	Flax seeds, organic (grind up to eat)	Quantity: 1 Tbsp
19	Legumes, navy beans, cooked	Quantity: 1 cup 182g	3	Flour, almond	Quantity: 1/4 cup 20g
18	Jicama (yambean), raw	Quantity: 1 small 365g	3	Onion, yellow, raw	Quantity: 1 medium
17	Avocado (green), Florida raw	Quantity: 1 fruit 304g	3	Orange, Cara Cara	Quantity: 1 medium 154g
16	Flour 100% Whole Wheat organic stone ground	Quantity: 1 cup 12	3	Orange, navel	Quantity: 1 medium
16	Legumes, lentils, cooked	Quantity: 1 cup 198g	3	Papaya, raw	Quantity: 1 small 152g
15	Legumes, black beans, cooked	Quantity: 1 cup 172g	3	Paprika	Quantity: 1 Tbsp 7g
15	Pumpkin: canned	Quantity: 15oz 425g	3	Pecans, raw unsalted	Quantity: 19 halves 28g
15	Flour, barley	Quantity: 1 cup 148g	3	Pepper, sweet green raw	Quantity: 1 large 164g
13	Legumes, red kidney beans, cooked	Quantity: 1 cup 177g	3	Pepper, sweet red raw	Quantity: 1 large 164g
13	Lettuce, romaine, raw	Quantity: 1 head, 626g	3	Pumpkin seeds, dried hulled	Quantity: 1/4 cup 30g
12	Flour, buckwheat	Quantity: 1 cup 120g	3	Quinoa	Quantity: 1/4 cup 46g
12	Hemp Protein Hi-Fiber, organic, Nutiva	Quantity: 3 Tbsp 30g	3	Rice, brown long grain organic	Quantity: 1/4 cup 45g
12	Legumes, great northern beans, cooked	Quantity: 1 cup 177g	3	Turnip, cooked	Quantity: 1 cup cubes 156g
11	Pomegranate, raw	Quantity: 4" 282g	3	Pistachio nuts, raw	Quantity: 49 nuts 28g
10	Cauliflower, green, raw	Quantity: small head 325g	3	Kiwi fruit, raw (without skin)	Quantity: 1 large 91g
9	Avocado (black), California raw	Quantity: 1 fruit 201g	3	Eggplant, cooked, boiled, drained, without salt	Quantity: 1 cup 99g
9	Peas, canned Lesueur (baby) -50% sodium	Quantity: 1 cup 175g	2	Macadamia nuts, raw	Quantity: 12 nuts 28g
9	Avocado (green), Florida raw	Quantity: 1/2 fruit 152g	2	Plums, dried Sun-maid	Quantity: 3 pitted 28g
8	Flour, quinoa	Quantity: 1 cup	2	Asparagus, spears	Quantity: 6, 7"spears 100g
8	Raspberries, raw	Quantity: 1 cup 123g	2	Beets, cooked	Quantity: 2 beets 100g
8	Spelt, cooked	Quantity: 1 cup	2	Black Pepper	Quantity: 1 Tbsp 6g
8	Blackberries, frozen	Quantity: 1 cup 151g	2	Brazil Nuts, raw	Quantity: 6 nuts 28g
7	Flour, brown rice	Quantity: 1 cup 158g	2	Broccoli, raw chopped	Quantity: 1 cup 91g
7	Cauliflower, white, raw	Quantity: 1 small, 265g	2	Cabbage, red, raw, chopped	Quantity: 1 cup 89g
7	Peas green, raw	Quantity: 1 cup 145g	2	Caraway seed	Quantity: 1 Tbsp 6g
7	Strawberries, raw organic	Quantity: 1 pint 357g	2	Carrot, raw	Quantity: 1 medium 61g
7	Parsnip, raw	Quantity: 1 cup slices, 133g	2	Cauliflower, green, raw	Quantity: 1 cup 64g
6	Jicama (yambean), raw	Quantity: 1 cup slices 120g	2	Celery, organic	Quantity: medium stalk 40g
6	Oat Bran, organic	Quantity: 1/4 cup 40g	2	Cloves, ground	Quantity: 1 Tbsp
6	Parsnip, cooked	Quantity: 1 (9"long) 160g	2	Cocoa, Hershey's unsweetened	Quantity: 1 Tbsp
6	Pasta, Capellini 100% whole wheat	Quantity: 2oz 56g	2	Cocoa, Hershey's unsweetened dark	Quantity: 1 Tbsp
6	Pasta, Rotini 100% whole wheat	Quantity: 2oz 56g	2	Coconut, shredded unsweetened	Quantity: 3 Tbsp 15g
6	Pasta, Spaghettini 100% whole wheat	Quantity: 2oz 56g	2	Cucumber, raw with peel	Quantity: 8" whole 301g
6	Pear, raw	Quantity: 1 medium 178g	2	Dates, Deglet Noor Sun-maid	Quantity: 2 dates pitted 14g
6	Peas, frozen	Quantity: 1 cup 134g	2	Fennel Seed	Quantity: 1 Tbsp
6	Yeast, regular	Quantity: 1oz 28g	2	Figs, raw	Quantity: 1 large 64g
5	Apple, raw organic	Quantity: 1 medium	2	Grapefruit, raw (pink or red)	Quantity: 1/2 fruit 230g
5	Legumes, black beans, canned	Quantity: 1/2 cup 130g	2	Lemon, raw	Quantity: 1 small 58g
5	Pasta, Egg Noodles, wide 100% whole grain	Quantity: 1/4 cup dry	2	Lime, raw	Quantity: 1 small 67g
5	Tomato paste, Full Circle organic	Quantity: 6oz can	2	Mushrooms, portabella caps	Quantity: 3 caps 100g
5	Avocado (black), California raw	Quantity: 1/2 fruit 100g	2	Mustard Seed, yellow	Quantity: 1 Tbsp 11g
5	Cranberries, raw	Quantity: 1 cup 100g	2	Nectarine, raw	Quantity: 1 medium 142g
4	Blueberries, unsweetened frozen	Quantity: 1 cup 155g	2	Parsley, raw	Quantity: 1 cup 60g
4	Broccoli, frozen Green Giant Steamers	Quantity: 2 cups	2	Peach, frozen slices organic	Quantity: 3/4 cup 140g
4	Coconut butter (whole coconut pulp)	Quantity: 1 Tbsp 15g	2	Peach, raw	Quantity: 1 medium 150g
4	Corn, yellow frozen, microwaved	Quantity: 1 cup 141g	2	Peanut butter, chunky style unsalted unsweetened	Quantity: 2 Tbsp
4	Green beans, raw	Quantity: 20 beans 1 cup 110g	2	Peas, sugar snap, raw	Quantity: 20 pods 68g
4	Legumes, dark red kidney beans, canned	Quantity: 1/2 cup 130g	2	Pepper, sweet yellow or orange raw	Quantity: 1 large 186g
4	Mango, raw	Quantity: 1 fruit 207g	2	Pineapple, raw	Quantity: 1 cup chunks 165g
4	Oats, rolled, quick organic	Quantity: 1/2 cup 40g	2	Prunes, raw	Quantity: 3 whole 28g
4	Potato, Russet (cooked) with skin no salt	Quantity: 1 medium 173g	2	Spinach, baby raw	Quantity: 2 cups 85g
4	Potato, Sweet (cooked) with skin no salt	Quantity: 1 medium 114g	2	Spinach, canned, no salt added	Quantity: 1/2 cup 115g
4	Strawberries, raw organic	Quantity: 8 medium 147g	2	Squash spaghetti, cooked no salt	Quantity: 1 cup 155g
4	Tomatoes, canned diced, no salt added	Quantity: 14.5oz can	2	Squash zucchini (summer)	Quantity: 1 medium
3	Turnip greens, raw	Quantity: 2 cups 100g	2	Sunflower seeds: whole, dried	Quantity: 1oz 28g
3	Potato, Red (cooked) with skin no salt	Quantity: 1 medium 173g	2	Tangerines, (mandarin oranges) raw	Quantity: 1 medium 88g
3	Almonds, raw whole	Quantity: 24 nuts 28g	2	Thyme, ground	Quantity: 1 Tbsp
3	Apple, raw organic	Quantity: 1 small 149g	2	Tomato Juice, V8	Quantity: 1 cup 243g
3	Applesauce, unsweetened	Quantity: 1 cup 244g	2	Tomato Juice, V8 low sodium	Quantity: 1 cup
3	Banana, whole	Quantity: 1 small 101g	2	Turnip, raw	Quantity: 1 medium 122g
3	Banana, whole	Quantity: 1 medium 118g	2	Walnuts, raw unsalted	Quantity: 5 whole 28g
3	Beets, canned slices	Quantity: 1 cup 170g	2	Wheat Germ, raw	Quantity: 2 Tbsp 16g
3	Blueberries, raw organic	Quantity: 1 cup 148g	2	Leeks, raw	Quantity: 1 leek 89g
3	Bread, Ezekiel Sprouted Grain Original	Quantity: 1 slice, 43g	2	Tomato cherry, raw	Quantity: 5 whole 1 cup
3	Brussels sprouts	Quantity: 3 whole, 88g	2	Cherries, sweet, raw	Quantity: 9 whole 70g
3	Cauliflower, white, raw	Quantity: 1 cup 100g	2	Dates, Medjool, California	Quantity: 1 date 23g
3	Chili powder, ground	Quantity: 1 Tbsp	1	Rosemary, dried	Quantity: 1 Tbsp 3g
3	Corn, sweet, yellow cooked	Quantity: medium ear 103g	1	Turmeric, ground	Quantity: 1 Tbsp
3	Dates, Medjool, California	Quantity: 2 dates 46g	1	Allspice	Quantity: 1 Tbsp 5g

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1	Almond Butter Quantity: 1 Tbsp
1	Almond Milk, Almond Breeze Unsweetened Quantity: 1 cup
1	Almonds, raw whole Quantity: 8 nuts 9g
1	Apple Butter, no sugar added, organic Quantity: 1 Tbsp 17g
1	Basil, dried leaves Quantity: 1 Tbsp 2g
1	Bean Sprouts, alfalfa Quantity: 1 cup 33g
1	Bean Sprouts, mung Quantity: 1 cup 104g
1	Cabbage, red, raw, shredded Quantity: 1 cup 70g
1	Cantaloupe, raw organic Quantity: 1/4 medium 138g
1	Cashews, raw whole Quantity: 1oz 28g
1	Cumin, seed Quantity: 1 Tbsp
1	Dates, Deglet Noor Sun-maid Quantity: 1 date pitted 7g
1	Ginger, ground Quantity: 1 Tbsp 5g
1	Honeydew melon, raw Quantity: 1/8 of 5"melon
1	Kale greens, raw Quantity: 1 cup chopped 67g
1	Lettuce, romaine hearts organic Quantity: 2 leafs 3oz
1	Mushrooms, brown, whole Quantity: 1 cup 87g
1	Mushrooms, white, whole Quantity: 1 cup 96g
1	Nutmeg, ground Quantity: 1 Tbsp
1	Olives, green canned Quantity: 14 whole 28g
1	Olives, ripe canned Quantity: 7 large 28g
1	Onion, yellow, raw Quantity: 1 small
1	Raisins Quantity: 50 whole 26g
1	Red Pepper Flakes (cayenne) Quantity: 1 Tbsp 5g
1	Sage, ground Quantity: 1 Tbsp
1	Sesame seeds, whole, dried Quantity: 1 Tbsp 9g
1	Spinach, frozen, organic Quantity: 1 cup
1	Tomato, raw Quantity: 1 medium 123g
1	Tomatoes, canned crushed, no salt added Quantity: 1/4 cup 63g
1	Watermelon, raw Quantity: 1 wedge, 1/16 melon