

Top 20 High-Fiber Foods

- | | |
|--------------------------|----------------------|
| Oats | Almonds |
| Sunflower seeds | Walnuts |
| Ground flax seeds | Quinoa |
| Carrots | Brown rice |
| Apricots | Chia seeds |
| Broccoli | Pumpkin seeds |
| Lentils | Guava |
| Avocados | Strawberries |
| Sweet potatoes | Cauliflower |
| Black beans | Prunes |

Healthier You With A High Fiber Diet

R Sandford



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