

## Weight Loss 101

## Quick Reference: High Fiber Grocery List

## Fruits &amp; 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 &amp; Seeds



Almonds



Chia Seeds

## Other

Potatoes  
(skin on)

## Other Options

**Grains:** Choose whole grains, but processed grains like white rice have very little. 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 can be added to smoothies and yogurt.