FRUIT FIBER

- 1 apple = 4 g
- 1 avocado = 10 g
- 1 cup blueberries = 4 g
- 1 cup blackberries = 8 g
- 1 cup raspberries = 8 g
- 1 pear = 6 g

NONSTARCHY VEGGIE FIBER

- 1 cup cooked artichoke = 10 g
- 1 cup cooked asparagus = 4 g
- 1 cup cooked broccoli = 5 g
- 1 cup cooked brussels sprouts = 4 g
- 1 cup raw cauliflower = 2 g
- 1 cup cooked collard greens = 8 g
- 1 cup cooked carrots = 4 g
- 1 cup cooked eggplant = 2 g

OTHER FIBER

- 1 tbsp acacia fiber = 6 g
- 1 tbsp chia seeds = 5 g
- 1 tbsp flaxseed = 2 g
- 1 cup cooked black beans = 15 g
- 1 cup cooked kidney beans = 12 g
- 1 cup cooked chickpeas = 13 g
- 1 cup cooked edamame (shelled) = 10 g
- 1 cup cooked peas = 8 g
- 1 cup cooked lentils = 16 g
- 1 cup cooked quinoa = 5 g
- 1 oz almonds = 3.5 g
- 1 oz pistachios = 3 g