**12 best fiber foods**

Albuquerque Service Unit

**12 Best Fiber Foods**

**Why do we need Fiber?** A high fiber diet has been shown to lower blood cholesterol levels, prevent constipation and decrease the risk of heart disease. High-fiber foods also tend to contain more nutrients and fewer calories, are digested more slowly, and help us feel full sooner. A dark colored fruit or vegetable has disease-fighting chemicals.

Most nutrition experts recommend 25-35 grams of fiber per day.

1. **Avocado** – 1 medium avocado has 8.5 grams of fiber. It is also Loaded with 20 vitamins and minerals.
2. **Artichoke** – 1 medium=6.5 grams of fiber. Provides a good amount of Vitamin C, folate, potassium and magnesium.
3. **Raspberries** –1 cup =8.4 grams of fiber. High in Vitamin C and other nutrients.
4. **Blackberries** – 1 cup=8.7 grams of fiber. Improves health and fight disease.
5. **Lentils** – ½ cup = 8 grams of fiber. Great source of protein. Contains saponins, which may help lower cholesterol and blood glucose levels.
6. **Black Beans** – ½ cup = 7 grams of fiber. Same benefits as lentils. All beans have about the same amount of fiber and protein.
7. **Broccoli** – 1 cup = 6 grams of fiber. Known to have anti-cancer properties and body benefits.
8. **Vegetable Beef Soup –** 1 cup of Low Sodium Chunky Vegetable Beef Soup = 6 grams of fiber, 14 grams of protein & 50 grams of sodium.
9. **Pear** – 1 medium=4.5 grams of fiber. The skin is important too.
10. **Apple** –1 medium=4 grams of fiber. Eat the skin too. The skin has several nutrients.
11. **Oatmeal-** 1 cup = 4 grams of fiber. Use old- fashioned rolled oat or steel-cut oats for the best health bang for your buck.
12. **Barley** – ½ cup = 3 grams of fiber. Look for less processed, “hull-less” barley. More fiber and blood sugar protection.