

Food Sources of Dietary fiber

Rose hips	Breakfast cereal (made with bran, added fiber, or whole grain)	Chokecherries	Purple passion-fruit	Agave	Navy beans
White beans	Yellow beans	Pinon nuts	French beans	Kidney beans	Corn bran
Pinto beans	Black beans	Meat extender	Cranberry beans	Black turtle beans	Split peas
Refried beans	Raspberries	Nance fruit	Chia seeds	Lentils	Lima beans
Waffles with added fiber	Mung beans	Bean soup	Elderberries	Adzuki beans	Prairie turnips
Papad	Chickpeas	Kumquats	Great northern beans	Winged beans	Fireweed leaves
Baked beans	Pears	Feijoa	Hyacinth beans	Fava beans	Pigeon peas
Rowal fruit	Veggie burgers	Cowpeas	Mungo beans	Immature seeds of cowpea	Flaxseed
Barley	Guavas	Mamey sapote	Prickly pears	Blackberries	Boysenberries
Loganberries	Sapodilla	Abiyuch (sacred garlic pear)	Artichokes	Snack cakes with added fiber	Oat bran bread
Green peas	Dark rye flour	Pumpkin pie mix			