

High fiber Food LIST

Every Vegan Food List Contains
The Daily Dish

LEGUMES

Navy beans	1 cup has 19 gr
Lentils	1 cup has 16 gr
Split Peas	1 cup has 16 gr
Mung beans	1 cup has 15 gr
Black Beans	1 cup has 15 gr
Lima Beans	1 cup has 13 gr
Kidney Beans	13 gr per cup
Chickpeas	1 cup has 10.6 gr

GRAINS

Oatmeal	1 cup has 8 gr
Bulgar Wheat	1 cup has 8 gr
Whole Wheat Pasta	1 cup has 6 gr
Quinoa	1 cup has 5 gr
Brown Rice	1 cup has 4 gr
Wild Rice	1 cup has 3 gr
Barley	1 cup has 3 gr
Refined Pasta	1 cup has 2.5 gr
White Rice	1 cup has 0.6 gr

FRUITS

Persimmon	1 cup has 6 gr	Passion Fruit	1 cup has 25 gr
Pears	1 medium, unpeeled has 6 gr	Prunes	1 cup has 12 gr
Kiwifruit	1 cup has 5 gr	Avocado	1 cup has 10 gr
Papaya	1 cup has 5 gr	Guavas	1 cup has 9 gr
Oranges	1 large, peeled has 4.4 gr	Blackberries	1 cup has 8 gr
Apple	1 small, unpeeled has 4 gr	Raspberry	1 cup has 8 gr
Blueberries	1 cup has 4 gr	Pomegranate	1 cup has 7 gr
Strawberries	1 cup has 3 gr	Prunes	1 cup has 7.7 gr

VEGETABLES

Corn	1 cup has 12 gr	Brussels Sprouts	1 cup has 5 gr
Peas	1 cup has 10 gr	Green Beans	1 cup has 4 gr
Parsnips	1 cup has 9 gr	Sweet Potatoes	1 cup has 4 gr
Carrot	1 cup has 7 gr	Potato, baked	1 medium has 4 gr
Winter Squash	1 cup has 5.4 gr	Spinach	1 cup has 4.3 gr
Asparagus	1 cup has 5.7 gr	Kale	1 cup has 2.6 gr
Broccoli	1 cup has 4 gr	Celery	1 cup has 1.6 gr

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NUTS AND SEEDS

Almonds	1 cup has 17 gr	Walnuts	1 cup has 7 gr
Pistachios	1 cup has 13 gr	Hazelnuts	1 cup has 7 gr
Peanuts	1 cup has 12 gr	Pine Nuts	1 cup has 5 gr
Sunflower Seeds	1 cup has 12 gr	Flaxseeds	2 tablespoons has 3.8 gr
Pecans	1 cup has 10 gr	Poppy Seeds	2 tablespoons has 3.4 gr
Chia Seeds	2 tablespoons has 10 gr	Sesame Seeds	2 tablespoons has 2 gr

BREADS

Ezekiel Bread	2 slices has 7 gr
Rye Bread	2 slices has 5.6 gr
Wheat Bread	2 slices has 5.2 gr
Sourdough Bread	2 slices has 4.6 gr
Pumpernickel	2 slices has 4.2 gr

DRIED FRUIT

Figs	1 cup has 16 gr
Peaches	1 cup has 12 gr
Goji Berries	1 cup has 12 gr
Prunes	1 cup has 12 gr
Raisins	1 cup has 6 gr

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www.dailydish.co.uk