

HIGH FIBER SNACKS

Here are some ideas for healthy snacks with 7-13 grams of Fiber per serving. Be sure to read food labels for the exact fiber count in foods. Aim to eat a variety of high fiber foods to ensure you get enough **soluble** and **insoluble** fiber for optimal health!



1/2 c. Fiber One
6-8 oz low fat milk
13 grams fiber



1 orange
1/2 banana
2 c. spinach
1/3 c. strawberries
1/2 c. greek yogurt
11 grams fiber



1 slice whole-wheat toast
1 tbl cream cheese
1/2 c. raspberries
7 grams fiber

2 tbl cottage cheese
1 medium pear
1 tbl poppy seeds
7.5 grams fiber



1/4 c. almonds
1 med. apple
8 grams fiber



1 c. edamame
8 grams fiber

1/2 large avocado
1/2 c. black beans
2 tbl diced cucumber
13 grams fiber

