

Printable Soluble Foods Chart

Make note with both the soluble and insoluble fiber lists: Most fiber-rich foods contain both soluble and insoluble fiber.

Whatever list the item is on, though, contains a dominant amount of that fiber.

- black beans
- lima beans (on both lists)
- Brussels sprouts
- sweet potatoes
- broccoli
- turnips
- pears
- kidney beans
- figs
- nectarines
- apricots
- carrots
- apples
- guavas
- flaxseeds
- sunflower seeds
- hazelnuts
- oats
- barley (not gluten-free)
- psyllium
- lentils
- chia seeds
- inulin