

List of 59 High Fiber Foods

- acorn squash
- almonds
- apples
- apricots
- artichokes
- avocados
- bananas
- barley (not gluten-free)
- beets
- black beans
- blackberries
- blueberries
- bran (not gluten free)
- broccoli
- brown rice
- Brussels sprouts
- carrots
- cauliflower
- celery
- chia seeds
- chickpeas (garbanzo beans)
- coconut (flakes and flour)
- collard greens
- edamame (soy beans)
- figs
- flaxseeds
- green beans
- guava
- hazelnuts
- inulin
- kale
- kidney beans
- lentils
- lima beans
- navy beans
- nectarines
- oats (oatmeal; not always gluten free)
- okra
- peanuts
- pears
- pecans
- pinto beans
- prunes
- psyllium
- quinoa
- radishes
- raspberries
- rutabaga
- seaweed
- spinach
- split peas
- strawberries
- sunflower seeds
- sweet potatoes
- turnip greens
- turnips
- walnuts
- wheat bran and wheat germ
- whole wheat pasta (not gluten free)

