

## Food High in Insoluble Fiber (Chart)

### Fruits & Vegetables

- Apricots
- Blueberries
- Raisins
- Grapes
- Dried figs
- Pear
- Dried prunes
- Raspberries
- Strawberries
- Artichokes
- Oranges
- Kale

### Grain Products

- Bulger
- Brown rice
- Couscous
- Barley
- Oat Bran
- Oatmeal
- Quinoa
- Wheat Bran
- Whole Grain  
Pasta
- Pumpernickel  
Bread

### Nuts, Beans & Seeds

- Almonds
- Flaxseed
- Peanuts
- Sesame seeds
- Split peas
- Sunflower seeds
- Walnuts
- Black beans
- Kidney beans
- Lentils