

Food High in Soluble Fiber (Chart)

Fruits & Vegetables

- Avocado
- Grapefruit
- Figs
- Oranges
- Sweet potato
- Brussels sprouts
- Broccoli
- Pear
- Edamame
- Apples
- Peas
- Blueberries

Grain Products

- Psyllium husk
- Oat Bran
- Oatmeal
- Brown rice
- Rye Bread
- Rolled Oats
- Barley
- Whole Wheat Pasta
- Bran Cereal
- Wheat Bran

Nuts, Beans & Seeds

- Navy beans
- Lima beans
- Black beans
- Soy nuts
- Kidney beans
- Tofu
- Garbanzo beans
- Flaxseed
- Lentils
- Pinto beans