

Fiber Cheat Sheet

Add fiber gradually • Hydrate • Mix soluble + insoluble daily

The 5g Ladder (pick 6 rungs ~ 30g)

Fruits

- ☐ Avocado, ½ cup - 5g
- ☐ Pear (with skin), 1 medium - 5g
- ☐ Kiwi, 1 cup - 5g
- ☐ Prunes, ¼ cup - 5g
- ☐ Raspberries, ½ cup - 4g
- ☐ Wild blueberries, 1 cup - 6g

Vegetables

- ☐ Jicama, raw, 1 cup - 6g
- ☐ Artichoke, boiled, 1 medium - 6g
- ☐ Collard greens, cooked, 1 cup - 5g
- ☐ Turnip, cooked, ½ cup - 5g
- ☐ Potato, baked with skin, 1 med - 4g
- ☐ Sweet potato, cooked, ½ cup - 4g

Beans, Legumes and whole grains

- ☐ Green peas, cooked, ⅔ cup - 6g
- ☐ Chickpeas, cooked, ½ cup - 5g
- ☐ Kidney beans, cooked, ½ cup - 6g
- ☐ Quinoa, cooked, 1 cup - 5g
- ☐ Bulgur, cooked, ½ cup - 4g

Seeds & Powders

- ☐ Pumpkin seeds, 1oz - 5g
- ☐ Chia seeds, 1tbsp - 4g
- ☐ Psyllium husk, 1tbsp - 7g (very water-absorbing)

7-10g Power Plays

- ☐ Lentils, cooked, ⅔ cup - 10g
- ☐ Black beans, cooked, ½ cup - 7.5g
- ☐ Pinto beans, cooked, ½ cup - 7.7g
- ☐ Split peas, cooked, ½ cup - 8g
- ☐ Barley, cooked, ½ cup - 6.8g
- ☐ Blackberries, 1 cup - 7.6g
- ☐ Farro, cooked, 1 cup - 8g
- ☐ Guava, diced, 1 cup - 9g

Soluble vs. Insoluble

Soluble:

gentler on gut; helps cholesterol/glucose

oats/oat bran • avocado • lentils •
barley • nuts/seeds • legumes • apples •
carrots • citrus

Insoluble:

adds bulk; speeds transit

wheat/whole grains • oats • nuts •
berries • beans • flaxseed • cauliflower •
potatoes • fruit skins • green beans

How to use this page

- ☐ Stack six 5g rugs to hit about 30g
- ☐ Increase slowly and drink plenty of water to minimize bloating
- ☐ Mix both soluble + insoluble sources daily (see lists above).

