

# High Fiber Breakfast Chart

Nutritional reference for common morning whole foods

FOOD ITEM	SERVING SIZE	FIBER (G)	CATEGORY
Chia Seeds	2 tbsp	10g	Seeds
Raspberries	1 cup	8g	Fruit
Steel Cut Oats	1 cup (cooked)	5g	Grains
Avocado	1/2 medium	6.5g	Fruit
Black Beans	1/2 cup	7.5g	Legumes
Pear (with skin)	1 medium	5.5g	Fruit
Whole Wheat Toast	1 slice	3-4g	Grains