

HIGH FIBER SNACK IDEAS

| Category | Snack Description | Fiber (Approx) |
|-----------------|-----------------------------------|-----------------------|
| LEGUMES | Roasted Chickpeas (1/2 cup) | 6g |
| FRUITS | Medium Pear with skin | 5.5g |
| BERRIES | Fresh Raspberries (1 cup) | 8g |
| SEEDS | Chia Seed Pudding (2 tbsp seeds) | 10g |
| VEGETABLES | Raw Carrots with Hummus (1/4 cup) | 5g |
| NUTS | Almonds (1/4 cup) | 3.5g |
| GRAINS | Air-popped Popcorn (3 cups) | 3.5g |
| FRUITS | Medium Apple with skin | 4.5g |
| VEGETABLES | Edamame in pods (1/2 cup) | 4g |

Daily Fiber Goal: 25g - 38g | Drink plenty of water when increasing fiber intake.