

# INSOLUBLE FIBER FOOD SOURCES

A reference guide for digestive health

CATEGORY	FOOD ITEM	SERVING SIZE
<b>Whole Grains</b>	Wheat Bran	1/2 cup (raw)
<b>Whole Grains</b>	Whole Wheat Pasta	1 cup (cooked)
<b>Vegetables</b>	Cauliflower	1 cup (chopped)
<b>Vegetables</b>	Green Beans	1 cup
<b>Vegetables</b>	Dark Leafy Greens	2 cups (raw)
<b>Nuts &amp; Seeds</b>	Almonds	1 ounce
<b>Nuts &amp; Seeds</b>	Flax Seeds	1 tablespoon
<b>Fruits</b>	Apple (with skin)	1 medium
<b>Fruits</b>	Pear (with skin)	1 medium
<b>Legumes</b>	Kidney Beans	1/2 cup

Note: Increase fiber intake gradually and maintain adequate hydration.