

SOLUBLE FIBER REFERENCE CHART

High-density sources for digestive health

CATEGORY	FOOD ITEM	SERVING SIZE	SOLUBLE (G)
Legumes	Black Beans (cooked)	½ cup	2.4
Legumes	Lima Beans (cooked)	½ cup	3.5
Grains	Oat Bran (cooked)	½ cup	2.2
Grains	Barley (cooked)	1 cup	2.0
Vegetables	Brussels Sprouts	½ cup	2.0
Vegetables	Avocado	½ medium	2.1
Vegetables	Sweet Potato (peeled)	½ cup	1.8
Fruits	Apple (with skin)	1 medium	1.0
Fruits	Pear	1 medium	1.5
Seeds	Chia Seeds	1 tbsp	1.1
Seeds	Flaxseeds (ground)	1 tbsp	1.1

Note: Values are approximate. Increase fiber intake gradually and maintain hydration.