

FIBER CONTENT IN MORNING MEALS

BREAKFAST ITEM	SERVING SIZE	CATEGORY	FIBER (G)
Cooked Oatmeal	1 Cup	Grains	4.0g
Raspberries	1/2 Cup	Fruit	4.0g
Chia Seeds	1 Tbsp	Seeds	5.0g
Whole Wheat Toast	1 Slice	Grains	3.0g
Medium Apple (with skin)	1 Medium	Fruit	4.5g
Black Beans	1/2 Cup	Legumes	7.5g
Avocado	1/2 Fruit	Fat/Fruit	6.5g
Greek Yogurt with Flax	1 Cup + 1 Tbsp	Mixed	2.8g

Print Chart