**High Fiber Foods to Add to Meals**

1. Whole Grains
2. Beans
   * Black Beans – canned 15.25oz per ½ cup (fats 0, carb 22,  
     fiber 9, protein 8)
   * Light Kidney Beans – canned 15.5oz per ½ cup (fat 0,   
     carb 19, fiber 7, protein 7)
   * Lima Beans – frozen baby ½ cup (fat 0, carb 17, fiber 5,   
     protein 6)  
     – canned ½ cup (fat 0.5, carb 17, fiber 4, protein 4)
   * Chickpeas – canned ½ cup (fat 2, carb 20g, fiber 4, protein 6)
3. Broccoli – raw 100g/~ ½cup (fat 0.37, carb 6.64, fiber 2.6, protein 2.82)  
   – cooked 100g (fat 0.41, carb 7.18, fiber 3.3, protein 2.38)
4. Berries
   * Blueberries – raw 100g/~ ½cup (fat 0.33, carb 14.5, fiber 2.4, protein 0.74)
   * Cherries – raw 100g/~ ½cup (fat 0.2, carb 16, fiber 2.1, protein 1.06)
   * Strawberries – raw 100g/~ ½cup (fat 0.3, carb 7.68, fiber 2, protein 0.67)
5. Avocado – raw 100g/~ ½cup (fat 14.7, carb 8.53, fiber 6.7, protein 2)
6. Dried Fruit
7. Apples- gala 100g/~ ½cup (fat 0.15, carb 14.8, fiber 2.1, protein 0)
8. Nuts
   * Almonds – 1oz./23 almond raw (fat 14.1, carb 6.12, fiber 3.54, protein 6.01)
   * Pecans – 1oz./19 halves raw (fat 20.4, carb 3.94, fiber 2.72, protein 2.6)
   * Pistachios – 1oz./49 kernels (fat 12.8, carb 7.71, fiber 3, protein 5.73)
   * Walnuts – 1oz./14 halves (fat 18.5, carb 3.88, fiber 1.9, protein 4.31)
9. Pears- 100g (fat 0.16, carb 15.1, fiber 3.1, protein 0.38)
10. Seeds
    * Sunflower Seeds – shelled/salted ¼ cup (fat 27.8, carb 13.5, fiber 6.24, protein 10.84)
    * Pumpkin Seeds – raw ¼ cup (fat 28, carb 6, fiber 4, protein 18)
    * Flax Seed – ¼ cup (fat 17.7, carb 12.15, fiber 11.48, protein 7.68)
    * Chia Seeds – dried 1oz (fat 8.7, carb 11.9, fiber 9.75, protein 4.68)
11. Fresh Coconut – dried/shaved ¼ cup (fat 36, carb 14, fiber 10.02, protein 4)
12. Banana – whole (fat 0.4, carb 27, fiber 3.1, protein 1.3)
13. Carrots – raw 1 cup (fat 0.288, carb 11.5, fiber 3.36, protein 1.12)
14. Artichoke – canned 13.75oz (fat 1, carb 27, fiber 14, protein 7) – steamed 3oz/85g (fat 0, carb 9.01, fiber 5.02, protein 2)
15. Brussels Sprout – cooked ½ cup (~3.5 sprouts) (fat 0.39, carb 5.54, fiber 2.03, protein 1.99)
16. Oats – raw ½ cup (fat 3, carb 27, fiber 4, protein 5)
17. Popcorn – read each label

**Best to consume a minimum of 35grams per day**

Fiber are parts of the plant that stay in the intestinal tract and decrease risk for most diseases and prevents obesity.  Fiber cleans and removes toxic waste and ferments food in the gut that produce good bacteria and healthy compounds.

-Myrna Method

Resources:

“FoodData Central Search Results.” *FoodData Central*, https://fdc.nal.usda.gov/fdc-app.html#/food-details/2214114/nutrients.

“Myrna Method Lean Life Course.” Myrna Method Lean Life Course, https://leanlife.myrnamethod.com/products/myrna-method-lean-life/categories/2149393537/posts/2154337036.