



Wellness
GARAGE

Lifestyle Medicine Clinic

Top 10 Foods Highest in Fibre

30g of Fibre = 100% of the Daily Value (%DV)



Navy Beans

63% DV (19g) fibre
per cup (182g)
35% DV (10g)
per 100 grams (3.5 oz)

1



Collard Greens

27% DV (8g) fibre
per cup cooked (190g)
14% DV (4g)
per 100 grams (3.5 oz)

6



Avocados

43% DV (13g) fibre
per avocado (201g)
22% DV (6g)
per 100 grams (3.5 oz)

2



Broccoli

17% DV (5g) fibre
per cup cooked (156g)
11% DV (3g)
per 100 grams (3.5 oz)

7



Chia Seeds

33% DV (10g) fibre
per oz (2 tbsp) (28g)
119% DV (36g)
per 100 grams (3.5 oz)

3



Steel Cut Oats

13% DV (4g) fibre
per cup (45g)
30% DV (9g)
per 100 grams (3.5 oz)

8



Acorn Squash

30% DV (9g) fibre
per cup cooked (205g)
15% DV (4g)
per 100 grams (3.5 oz)

4



Oranges

13% DV (4g) fibre
per cup (180g)
7% DV (2g)
per 100 grams (3.5 oz)

9



Green Peas

30% DV (9g) fibre
per cup cooked (160g)
19% DV (6g)
per 100 grams (3.5 oz)

5



Sweet Potatoes

13% DV (4g) fibre
per cup cooked (133g)
10% DV (3g)
per 100 grams (3.5 oz)

10