

# Fiber-Rich Food Chart for Seniors

A simple guide to help you eat better and feel better.

## High-Fiber Fruits:

- Raspberries (8g per cup)
- Pears (5.5g per medium fruit)
- Apples (4.4g per medium fruit)
- Bananas (3.1g per medium fruit)
- Oranges (3.1g per medium fruit)

## High-Fiber Vegetables:

- Carrots (3.6g per cup)
- Broccoli (5.1g per cup, boiled)
- Sweet Potatoes (3.8g per medium)
- Brussels Sprouts (4.1g per cup)
- Spinach (4.3g per cooked cup)

## High-Fiber Grains:

- Oatmeal (4g per cup, cooked)
- Brown Rice (3.5g per cup)
- Barley (6g per cup, cooked)
- Whole Wheat Bread (2g per slice)
- Quinoa (5g per cup, cooked)

## High-Fiber Legumes & Nuts:

- Lentils (15.6g per cup)
- Black Beans (15g per cup)
- Chickpeas (12.5g per cup)
- Almonds (3.5g per ounce)
- Pistachios (2.9g per ounce)