



10 foods high in soluble and insoluble fiber

5g or more of fiber per serving

Soluble Fiber	Insoluble Fiber
Lentils	Wheat bran
Black beans	Brown rice
Pinto beans	Whole wheat pasta
Oatmeal	Quinoa
Barley	Almonds
Brussels sprouts	Kale
Apples	Pears with skin
Avocados	Raspberries
Split peas	Broccoli
Kidney beans	Green beans

Many plant foods naturally contain both soluble and insoluble fiber in varying amounts.