FIBER CAN BE FOUND IN ALMOST EVERY FOOD GROUP. TRY THE FOODS BELOW TO GET YOUR 20 TO 35 GRAMS.

**FRUITS**
- APPLE (1) 3.3 g
- PEAR (1) 5.1 g
- RASPBERRIES (1 cup) 8.0 g
- DATES (1 cup) 14.2 g

**VEGETABLES**
- CARROT (1, raw) 2.0 g
- POTATO (baked) 4.4 g
- BRUSSELS SPROUTS (1 cup, frozen, cooked) 6.4 g
- SPINACH (1 cup, frozen, cooked) 7.0 g

**NUTS & LEGUMES**
- ALMONDS (1 oz) 3.5 g
- CHICKPEAS (1 cup, cooked) 12.5 g
- LENTILS (1 cup, cooked) 15.6 g

**GRAINS**
- MULTIGRAIN BREAD (1 slice) 1.9 g
- BROWN RICE (1 cup, cooked) 3.5 g
- OAT BRAN (1 cup, raw) 14.5 g

**Getting the Proper Amount of Daily Fiber May Help to Maintain a Healthy Weight and Lower Cholesterol.**