

Dr. Crowley's **Pharmacy**

Fiber

Lower the risk of diabetes, heart disease and some types of cancer
Control blood sugar, reduce cholesterol levels
Manage weight, prevent and/or relieve constipation

The following foods are a great source of Fiber

Vegetables:

Lima Beans 1 cup 9 grams
Acorn Squash, cooked 1 cup 9 grams
Green Peas, cooked 1 cup 9 grams
Artichokes 1 medium size 7 grams
Butternut Squash, cooked 1 cup 7 grams
Parsnips 1 cup 7 grams
Kale, cooked 1 cup 5 grams
Broccoli, cooked 1 cup 5 grams
Carrots, cooked 1 cup 5 grams
Spinach, cooked 1 cup 4 grams
Brussel Sprouts, cooked 1 cup 4 grams
Green Beans, cooked 1 cup 4 grams
Sweet Potatoes 1 cup 4 grams
Baked Potatoes 1 medium 4 grams
Asparagus, cooked 1 cup 4 grams
White button mushrooms 1 cup 3 grams
Turnips, cooked 1 cup 3 grams
Sweet Corn, cooked 1 cup 3 grams

Starch:

Quinoa 1 cup 5 grams
Whole Wheat Pasta 1 cup 5 grams
Oatmeal 1 cup 4 grams
Whole Wheat Bread 2 slices 4 grams
Brown Rice 1 cup 4 grams
Wild Rice 1 cup 3 grams

Fruit:

Avocado 1 avocado is 9 grams
Guava 1 cup 8 grams
Raspberries 1 cup 8 grams
Blackberries 1 cup 8 grams
Pomegranate 1 cup 7 grams
Kiwi Fruit 1 cup 5 grams
Pears 1 cup 4 grams
Oranges 1 cup 4 grams
Blueberries 1 cup 4 grams
Tangerines 1 cup 4 grams
Strawberries 1 cup 3 grams
Cherries 1 cup 3 grams
Apricots 1 cup 3 grams
Bananas, sliced 1 cup 3 grams
Apples 1 cup 3 grams
Mangos 1 cup 3 grams
Grapefruit 1 cup 3 grams

Beans & Legumes:

Navy Beans 1 cup 19 grams
Pinto Beans 1 cup 15 grams
Black Beans 1 cup 15 grams
Chickpeas 1 cup 12 grams
Kidney Beans 1 cup 11 grams
Edamame 1 cup 10 grams
Firm Tofu 1 cup 6 grams

"Let food be thy medicine and medicine be thy food" Hippocrates