Foods High in Fiber

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| R | B | V | G | J | R | A | L | M | O | N | D | S | X | C | T | O | R | Q | F | W | E | I | A |
| A | L | N | I | R | P | E | C | A | N | S | S | U | Y | O | Q | U | B | C | F | H | I | P | Y |
| Q | U | V | D | S | J | Y | K | R | Y | Y | A | B | G | P | P | G | E | H | V | E | G | F | S |
| N | E | U | J | T | Y | L | W | Z | K | L | L | M | F | X | N | K | L | M | I | A | J | Y | N |
| U | B | E | E | C | J | Z | T | M | A | C | F | B | A | C | C | H | Q | O | W | T | X | N | C |
| Z | E | M | I | G | B | D | F | R | W | D | V | A | X | T | S | P | R | F | G | R | G | O | K |
| D | R | L | F | R | Q | B | J | H | P | W | L | N | E | I | S | Z | H | F | S | P | C | J | S |
| D | R | U | U | E | F | Z | O | O | X | T | S | A | B | R | O | W | N | R | I | C | E | L | Z |
| Y | I | R | L | E | G | D | K | K | H | J | D | N | F | D | Z | F | W | Y | R | K | P | S | A |
| B | E | J | E | N | Z | S | G | H | W | W | W | A | L | N | U | T | S | P | H | O | M | U | P |
| K | S | S | N | B | A | V | O | C | A | D | O | S | G | R | W | R | B | D | W | A | O | K | K |
| S | D | B | T | E | K | O | D | C | F | X | X | P | D | W | R | L | D | U | N | T | W | M | C |
| T | U | R | I | A | O | U | Y | B | L | A | C | K | B | E | A | N | S | Y | A | S | E | O | S |
| R | U | B | L | N | Z | Z | Q | R | T | U | E | L | N | C | C | N | D | Y | L | E | N | Q | O |
| A | B | M | S | S | B | H | A | Q | Z | F | R | B | S | J | F | C | S | N | W | Q | O | F | R |
| W | S | T | Z | M | E | E | D | C | W | D | V | R | C | A | R | R | O | T | S | F | Z | W | A |
| B | V | Y | T | O | M | A | T | O | E | S | P | O | U | H | N | F | N | S | I | J | P | I | N |
| E | D | Q | D | S | P | I | N | A | C | H | Q | C | Z | L | R | B | H | E | I | G | A | T | G |
| R | S | Y | D | P | E | A | N | U | T | S | B | C | O | S | I | C | M | R | L | X | H | G | E |
| R | U | U | O | M | N | G | A | V | G | R | K | O | Y | J | L | H | C | W | C | X | R | P | S |
| I | Q | J | A | F | T | R | B | Y | X | L | F | L | Q | Z | X | S | U | E | W | A | Z | G | V |
| E | Q | Q | F | K | L | S | A | K | O | S | M | I | A | S | O | P | I | C | R | L | X | Z | Z |
| S | Q | P | K | N | J | S | C | Z | P | A | L | W | I | L | D | R | I | C | E | L | Z | U | S |
| A | I | P | C | A | X | Y | B | S | S | A | P | P | L | E | S | M | K | K | F | I | F | W | L |

    black beans         tomatoes        wheat        almonds        apples       avocado       bananas       blueberries       broccoli        brown rice       carrots        green beans        lentils        oats        oranges       peanuts       pecans        spinach       strawberries       walnuts        wild rice