

# High-Fiber Foods for a Healthy Gut



## Fruits

- Apples
- Bananas
- Oranges
- Berries (strawberries, raspberries, blueberries)
- Pears

## Vegetables

- Broccoli
- Carrots
- Brussels Sprouts
- Kale
- Spinach

## Legumes, Beans, Peas

- Lentils
- Black Beans
- Chickpeas
- Kidney Beans
- Green Peas

## Whole Grains

- Oats
- Quinoa
- Barley
- Brown Rice
- Whole Wheat Bread

## Nuts, Seeds

- Almonds
- Chia Seeds
- Flaxseeds
- Walnuts
- Sunflower Seeds

### Tips for Increasing Fiber

- Start slowly to give your body time to adjust - bloating at the beginning is normal as your body adjusts. Think of it like exercise for your gut.
- Drink plenty of water. Fiber works best when it absorbs water.
- Include a wide mix of fiber sources in your diet - eat the rainbow!