

Table D: High Fiber Foods

- ◆ Legumes/Dried Beans
Refried beans, baked beans, black-eyed peas, lentils, black, pinto, northern, fava, navy, kidney, and garbanzo beans, soy beans
- ◆ Bran /Whole Grain Cereals
Bran cereals, Grape nuts, shredded wheat type, granolas
- ◆ Nuts and Seeds
Pumpkin seeds, soy nuts, chunky nut butters
- ◆ Fruits
Dried fruits (apricots, dates, figs,* prunes, raisins), blackberries* blueberries* raspberries* strawberries* oranges, apples* kiwi, apples* Coconuts* Persimmons*
- ◆ Vegetables
Green peas, broccoli, Brussels sprouts* green beans* corn* potato peels* sauerkraut* Tomato skins*

High Fiber Medications/Bulking Agents

Acacia fiber	Fibercon	Benefiber
Citrucel	FiberChoice	Konsyl
Metamucil	Perdiem	

- **Foods associated with bezoar formation (bezoars = a mass of undigested food in stomach)**

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