

# THE FIBER FIX CHEAT SHEET

*20+ High-Fiber Foods for Instant Relief*

Food Categories	Serving Sizes	Fiber Counts
<b>Legumes</b> Navy Beans Split Peas (Cooked) Lentils Black Beans Kidney Beans Chickpeas	1 cup 1 cup 1 cup 1 cup 1 cup 1 cup	19g 16g 16g 15g 13g 12g
<b>Seeds/Nuts</b> Chia Seeds Pumpkin Seeds (Pepitas) Almonds Ground Flax	2 Tbsp ½ Cup ½ Cup 2 Tbsp	10g 6g 9g 4g
<b>Fruits</b> Avocado Raspberries Blackberries Pears (with skin) Prunes (Dried) Apple (with skin)	1 Medium 1 Cup 1 Cup 1 Med 1/2 Cup 1 Med	10g 8g 7g 6g 6g 4.5g
<b>Vegetables</b> Artichoke Green Peas Broccoli Brussels Sprouts	1 Med 1 Cup 1 Cup 1 Cup	10g 9g 5g 4g
<b>Grains</b> Pearled Barley Quinoa (Cooked) Oats (Steel Cut) Air-Popped Popcorn	1 Cup 1 Cup 1 Cup 3 Cups	6g 5g 5g 4g

## Surgeon's Rules

- Gradual Increase: Slowly add fiber to your diet to avoid discomfort.
- Sufficient Diet: Drink plenty of water to help fiber work effectively.
- Be Consistent: Aim for daily fiber intake from a variety of sources.
- Listen to Your Body: Pay attention to how your body responds.
- Consult Your Doctor: Discuss any dietary changes with a healthcare professional.

