

Grocery List

High Fiber Helper

VEGETABLES

- Green peas _____
- Artichoke _____
- Broccoli _____
- Turnip greens _____
- Potato _____
- Brussels sprouts _____
- Cauliflower _____
- Carrots _____
- _____
- _____
- _____

FRUITS

- Avocado _____
- Raspberries _____
- Pears _____
- Apples _____
- Blueberries _____
- Strawberries _____
- Bananas _____
- Oranges _____
- _____
- _____
- _____

BEANS & LEGUMES

- Split peas _____
- Lentils _____
- Black beans _____
- Chickpeas _____
- Kidney beans _____
- _____
- _____

NUTS & SEEDS

- Chia seeds _____
- Flax seeds _____
- Pumpkin seeds _____
- Almonds _____
- Sunflower seeds _____
- Pistachios _____
- _____
- _____

GRAINS/PASTA

- Pearled barley _____
- Quinoa _____
- Oatmeal _____
- Brown rice _____
- Whole wheat pasta _____
- _____
- _____

DAIRY/FRIDGE

- Soy milk _____
- Almond milk _____
- _____

MEATS

- _____
- _____
- _____

BEVERAGES

- _____
- _____
- _____

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