

EXAMPLES OF HIGH FIBER DIET



PEARS

- **Benefits:**
- Highly nutritious. Pears come in many different varieties
- May promote gut health.
- Contain beneficial plant compounds.
- Have anti-inflammatory properties.



BROCCOLI

- **Benefits:**
- Reducing the risk of cancer.
- Improving bone health.
- Improving skin health.
- Boosting immune health.



CAULIFLOWER

- **Benefits:**
- May support healthy brain function.
- May support the immune system.
- Building a healthy environment
- May support hormonal balance.



ARTICHOKE

- **Benefits:**
- Loaded With Nutrients.
- May Lower 'Bad' LDL Cholesterol and Increase 'Good' HDL Cholesterol.
- May Ease Symptoms of Irritable Bowel Syndrome.
- May Improve Liver Health and Digestive Health



EDAMAME

- **Benefits:**
- High in Protein.
- May Lower Cholesterol.
- Rich in Vitamins and Minerals.
- May Reduce the Risk of Breast Cancer.



APPLES

- **Benefits:**
- Apples May Be Good for Weight Loss.
- Apples May Be Good for Your Heart.
- Substances in Apples May Help Prevent Cancer.
- Apples Contain Compounds That Can Help Fight Asthma.



STRAWBERRY

- **Benefits:**
- Give your immunity a boost.
- Maintain your healthy vision.
- Lower your cholesterol.
- Aid in weight management.



PRUNE/PLUM

- **Benefits:**
- Prunes are high in fiber, which helps prevent hemorrhoids brought on by constipation.
- Provides a good source of iron.
- Controls the urge.
- Reduces cholesterol levels.



MANGOES

- **Benefits:**
- High in Antioxidants.
- May Support Eye Health.
- May Improve Hair and Skin Health.
- May Help Lower Your Risk of Certain Cancers.



BULGAR

- **Benefits:**
- Helps Reduce the Risk of High Blood Pressure.
- Protective Against Childhood Asthma.
- Good Source of Minerals.
- Relieves Constipation and Clears the Digestive Tract.



OATMEAL

- **Benefits:**
- Oats Are Incredibly Nutritious.
- Whole Oats Are Rich in Antioxidants, Including Avenanthramides.
- Oatmeal Is Very Filling and May Help You Lose Weight.
- Oats Can Improve Blood Sugar Control.



PISTACHIOS

- **Benefits:**
- High levels of unsaturated fatty acids and potassium
- Lower your chances for cardiovascular disease.
- High in protein for vegans and vegetarians.
- Good for eye health.



WALNUT

- **Benefits:**
- Rich in Antioxidants. Share on Pinterest.
- Super Plant Source of Omega-3s.
- May Decrease Inflammation.
- May Help Manage Type 2 Diabetes and Lower Your Risk.



PECAN

- **Benefits:**
- Pecans can prevent the occurrence of fine lines, wrinkles and pigmentation.
- Pecans are a good source of iron and hence, combat hair loss.
- Boosting immunity and protecting the body from diseases.
- Anti-Inflammatory Benefits.



BEANS

- **Benefits:**
- Beans can help you lose weight.
- Beans can help manage diabetes.
- Beans can raise blood pressure.
- Beans can interfere with vitamin absorption.



SPINACH

- **Benefits:**
- Keeps Your Brain Functioning Normally.
- Has Anti-inflammatory Properties.
- Reduces Hypertension.
- Keeps Your Body Relaxed.

GROUND FLAX SEED

- **Benefits:**



- Flax Seeds Are Loaded With Nutrients.
- Flax Seeds Are Rich in Dietary Fiber.
- Flax Seeds May Lower Blood Pressure.
- Flax Seeds Are a Rich Source of Lignans, Which May Reduce Cancer Risk.

