

WISH

World Integrated Systems in Health
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The following is a list of fibrous foods, not all of these foods may be appropriate for everyone. This is not a complete list.

Whole Grains	Nuts & Seeds	Legumes	Fruits	Vegetables
Rice Bran	Sunflower Seeds	Navy Beans	Apples	Beans
Brown Rice	Pumpkin Seeds	Pinto Beans	Berries	Broccoli
Barley	Sesame Seeds	Kidney Beans	Oranges	Brussels Sprouts
Oats		Black Beans	Figs	Carrots
Oat bran	Almonds	Chickpeas	Prunes	Cauliflower
Buckwheat	Pecans	Lima Beans	Pears	Peas
Bulgur	Walnuts	Great Northern Beans	Dates	Artichokes
Couscous	Cashew	Black-eyed peas		Squash
		Soybeans		Yams/Sweet Potatoes
		White Beans		Leafy green vegetables
				Root vegetables