



HIGH FIBER FOODS

Most of these items can be found at your local grocery store:

Health Valley Foods: cookies, crackers, fruit bars, brownies, muffins, cereals, soup

Fi-bars: available in strawberry, orange and apple

Fiberall, Citrucil, Metamucil, Miller's Bran, whole unprocessed wheat bran (Note: Citrucil in Orange Mango Snapple is barely detectable!)

Metamucil cookies: available in apple cinnamon or spice

Quaker Corn Bran Cereal

Juice Plus Fiber Drinks: grape, orange, apple and pineapple (NutraBalance Products, Inc. 800-432-3134)

Earth Grain Breads

Fiberific or Clif Bars (5-6 gms)

Whole Wheat Pasta

Slim Fast (5gms/drink)

Triscuits (1/2gm/cracker)

Power Bars (3-4 hms/bar)

All Bran Blueberry Muffins (5gms/muffin) Note: www.kelloggs.com is a good website (click on recipes to find some high fiber recipes)

Nestle Success (3gms/drink)

Garden Burgers (3gms/patty)

Soy nuts (5 gm/oz.)

Nutrilite Trim Advantage (Amway) 2 Tablespoons = 5gms mixed brans

Field Peas (1/2 cup=9Gms)

Benefiber (available at Eckerd's) 1Tablespoon = 3gms