

BEST HIGH FIBER LOW CARB FOODS



VEGETABLES

	Fiber (gm)	Carbs (gm)
Artichokes , 1 med head	7	13
Lentils , cooked, 1/2 cup	7	17.3
Brussels sprouts , 8 sprouts	6	14
Edamame , shelled, 1/2 cup	4	7
Green beans , 1 cup	3	7
Eggplant , cooked, 1 cup	3	6
Broccoli , chopped, 1 cup	2.3	6
Asparagus , 5 spears	2	3
Cauliflower , chopped, 1 cup	2	5.5
Cabbage , 1 cup	2	6.6
Tomatoes , 1 med	1.5	5
Collard greens , raw, chopped, 1 cup	1.4	2
Mushrooms , diced, 1 cup	1	2.3

FRUITS

Raspberries , 1 cup	10	18
Blackberries , 1 cup	8	14
Avocado , 1/3 med fruit	4.3	5.6
Coconut (unsweet.) , shredd., 3 Tbsp	3	4

GRAINS, NUTS, SEEDS

Wheat bran , 1/2 cup	12.4	19
Chia seeds , 2 Tbsp	10	12
Cacao nibs , 3 Tbsp	8	11
Flaxseed , 2 Tbsp	5.6	6
Almonds , 1/4 cup	4	7
Hazelnuts , 1/4 cup	3.3	5.6
Pistachios , shelled, 1/4 cup	3	9
Macadamia nuts , 1/4 cup	3	4