

FIBER CHEAT SHEET

You should ideally consume 25- 30 grams of fiber daily to help your body regulate hormones, stabilize blood sugar, support gut health and detoxification.

Fertility-Friendly High-Fiber Foods Food

LEGUMES

- Lentils (cooked) 1 cup 15.6 grams
- Black beans (cooked) 1 cup 15 grams
- Split peas (cooked) 1 cup 16.3 grams
- Chickpeas (cooked) 1 cup 12.5 grams
- Navy beans (cooked) 1 cup 19 grams

VEGETABLES

- Artichoke (cooked) 1 medium 10 grams
- Brussels sprouts (cooked) 1 cup 4 grams
- Broccoli (cooked) 1 cup 5 grams
- Sweet potato (with skin) 1 medium 3.5 grams
- Carrots (raw) 1 cup 3.5 grams

FRUIT

- Raspberries 1 cup 8 grams
- Pear (with skin) 1 medium 5.5 grams
- Apple (with skin) 1 medium 4.5 grams
- Avocado 1 medium 10 grams
- Banana 1 medium 3 grams

GRAINS

- Oats (rolled, dry) 1/2 cup 4 grams
- Quinoa (cooked) 1 cup 5 grams
- Brown rice (cooked) 1 cup 3.5 grams
- Barley (cooked) 1 cup 6 grams
- Bulgur (cooked) 1 cup 8 grams

NUTS + SEEDS

- Chia seeds 1 tbsp 5 grams
- Flaxseeds (ground) 1 tbsp 3 grams
- Almonds 1/4 cup 4 grams
- Sunflower seeds 1/4 cup 3 grams
- Pumpkin seeds 1/4 cup 2 grams