

BREAKING DOWN FIBER: SOLUBLE Vs INSOLUBLE

Soluble	Insoluble
Oatmeal / Oat Bran	Whole Wheat breads
Nuts and Seeds	Barley
Dried peas	Couscous
Beans	Brown Rice
Lentils	Wheat Bran
Apples	Carrots
Pears	Zucchini
Strawberries	Celery
Blueberries	Whole grain cereals