# The Full Plate Diet

## Shopper’s Fiber Guide—Top 55 Fiber Foods

<table>
<thead>
<tr>
<th>Top Fruits</th>
<th>Top Vegetables</th>
<th>Top Beans &amp; Peas</th>
<th>Top Grains</th>
<th>Top Nuts &amp; Seeds</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Apples</td>
<td>• Avocado</td>
<td>• Black beans</td>
<td>• Brown rice</td>
<td>• Almonds</td>
</tr>
<tr>
<td>• Bananas</td>
<td>• Beets</td>
<td>• Black-eyed peas</td>
<td>• Buckwheat groats</td>
<td>• Brazil nuts</td>
</tr>
<tr>
<td>• Blackberries</td>
<td>• Broccoli</td>
<td>• Garbanzo beans</td>
<td>• Millet</td>
<td>• Chia seeds</td>
</tr>
<tr>
<td>• Blueberries</td>
<td>• Carrots</td>
<td>• Green beans</td>
<td>• Oats</td>
<td>• Flaxseeds</td>
</tr>
<tr>
<td>• Guava</td>
<td>• Corn</td>
<td>• Green peas</td>
<td>• Pearl barley</td>
<td>• Hazelnuts (filberts)</td>
</tr>
<tr>
<td>• Kiwis</td>
<td>• Green cabbage</td>
<td>• Kidney beans</td>
<td>• Quinoa</td>
<td>• Peanuts</td>
</tr>
<tr>
<td>• Mangoes</td>
<td>• Kale</td>
<td>• Lentils</td>
<td>• Rye flakes</td>
<td>• Pecans</td>
</tr>
<tr>
<td>• Oranges</td>
<td>• Romaine lettuce</td>
<td>• Lima beans</td>
<td>• Wheat</td>
<td>• Pumpkin seeds</td>
</tr>
<tr>
<td>• Papaya</td>
<td>• Spinach</td>
<td>• Navy beans</td>
<td>• Whole-grain cornmeal</td>
<td>• Sunflower seeds</td>
</tr>
<tr>
<td>• Peaches</td>
<td>• Sweet potatoes</td>
<td>• Pinto beans</td>
<td>• Wild rice</td>
<td>• Walnuts</td>
</tr>
<tr>
<td>• Pears</td>
<td>• Tomatoes</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>• Raspberries</td>
<td>• Zucchini</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Strawberries</td>
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</tr>
</tbody>
</table>
The Exchange

**More This**
- Oranges
- Brown Rice
- High-Fiber Tortillas
- Whole-Grain Bread
- Almonds
- Apples/Bananas
- Sweet Potatoes
- Berries
- Oatmeal
- Fruit Smoothies
- Beans or Hummus Dips
- Bran Muffins
- Fruit Sorbets
- Applesauce
- Beans & Salsa on Baked Potatoes

**Less That***
- Orange Juice
- White Rice
- White Flour Tortillas
- White Bread
- Candy
- Cookies
- White Potatoes
- Brownies
- Eggs
- Milk Shakes
- Sour Cream Dip
- Donuts
- Ice Creams
- Pudding
- Butter & Sour Cream on Baked Potatoes

* These have little or no fiber

The secret of getting ahead is getting started.

—Mark Twain

STOP

CHALLENGE

CHOOSE