

Soluble fiber can help regulate blood sugar and reduce cholesterol. It is also good for digestive health and might help reduce inflammation in the gut.

People with digestive issues may find sources of soluble fiber easier to tolerate – if concerned about increasing intake consider starting with asterisked (\*) options below.



## Fruit

- Apple
- Avocado
- Banana
- Kiwi\*
- Mango
- Nectarine
- Orange\*
- Peach
- Plum
- Raspberries
- Strawberries\*



## Vegetables

- Asparagus
- Beets
- Broccoli\*
- Brussels sprouts
- Carrots\*
- Cauliflower
- Eggplant\*
- Green beans\*
- Onions
- Zucchini



## Starches

- Barley
- Granola
- Oatmeal\*
- Oatmilk
- Oat-based cereal (Cherrios)\*
- Potato salad
- Potato, mashed\*
- Peas
- Sweet potato
- Winter squash\* (acorn, spaghetti, kabocha)

## Plant Proteins

- Butter beans
- Chickpeas
- Kidney beans
- Pinto beans
- Chia seed\*
- Flaxseed\*
- Psyllium (Metamucil)

