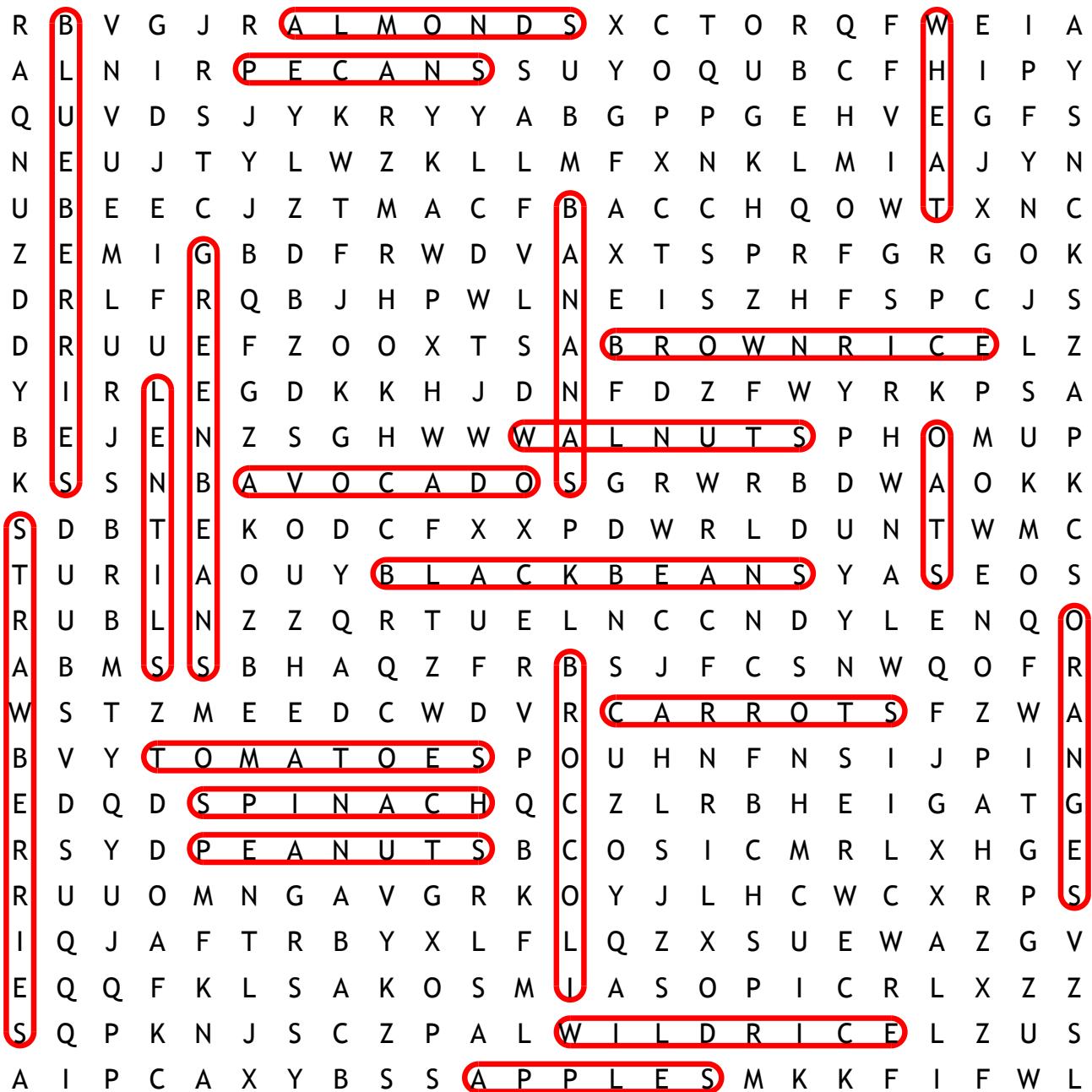


Foods High in Fiber



black beans
brown rice
almonds
wheat
peanuts
oats

green beans
tomatoes
carrots
avocado
pecans

strawberries
broccoli
lentils
bananas
spinach

blueberries
wild rice
walnuts
oranges
apples