

**The following natural foods are high in fiber** when the skins are not removed (as indicated) and they are not overcooked, which wrings out many of the nutrients. I was surprised to find so many! But also pleased. I believe the only challenge that lies ahead for many of us who want to increase the amount of natural fiber in our diets is to kind of “get over” our expectations. According to Dr. Lustig, processed foods had the fiber removed from them in order to increase their shelf life – the amount of time foods can last on our shelves before they lose their remaining nutritional value or go bad – and reduce their cooking time, so that food could become “fast”. This really all began in the 60’s and early 70’s. Prior to that, foods were whole and our ancestors were certainly much healthier for it!

I originally didn’t like brown rice or whole grain whole wheat breads, but once I realized that the nuttier, more earthy flavor is what made it better for me, the quicker I was able to appreciate the tastes! I always get brown rice at chipotle, I love a nutty or hearty piece of toast with jam, and I’ve been cooking my potatoes with skins on for a decade or more. It’s really all very good!

And I’m certain that everyone can find foods in this list that they can enjoy... Enjoy!

Air-Popped Pop Corn	Corn	Pistachio nuts
Almonds	Dark Chocolate	Prunes
Apple w/ Skin	Edamame	Quinoa
Artichoke	Elder Berry	Raspberries
Avocado	Figs	Red / Kidney Beans
Banana	Flax Seed	Red Cabbage
Barley	Garbanzo Beans	Red Potato w/ Skin
Black Beans	Hearts Of Palm	Russet Potato w/ Skin
Black Berry	Lentils	Rye Bread
Boysenberry	Logan Berry	Savoy Cabbage
Broccoli	Oat Bran Muffin	Spinach
Brown Rice	Oatmeal	Sunflower Seeds
Brussels Sprouts	Oranges	Sweet Potato w/ Skin
Buckwheat	Pear w/ Skin	Swiss Chard
Bulger	Peas	White / Navy Beans
Cauliflower	Pecans	Whole Wheat, Whole Grain Bread
Cocoa Powder	Pine Nuts	Whole Wheat, Whole Grain Pasta