



Top 10 Heart-Healthy Fiber Rich Foods!

(to gobble up that cholesterol!)

1. Oats (cooked) 1 cup = 3–5 g
2. Barley (cooked) – 1 cup = 3 g
3. Navy beans- ½ cup = 3–4 g
4. Black beans– ½ cup = 2 g
5. Lentils (cooked) – ½ cup = 2 g
6. Chickpeas – ½ cup = 2 g
7. Apple/Pear (with skin) = 2 g
8. Orange = 2 g
9. Brussels sprouts – ½ cup = 2 g
10. Sweet potato (with skin)= 2 g

Other yummy sources include ground flaxseed, edamame, and avocado

For heart health, **aim for 5–10 grams of soluble fiber** daily, as part of your **total fiber intake (25–30g/day)**