



High Fibre/Water Foods

| Foods | Servings | Water | Fibre (Grams) |
|------------------|-------------------|-------|---------------|
| Avocado (raw) | 1 Medium | 73% | 11 |
| Raspberries | 1 cup | 87% | 8 |
| Blackberries | 1 cup | 88% | 8 |
| Broccoli | 1 cup | 90% | 6 |
| pineapple | 1 medium | 86% | 4.5 |
| Apple (raw) | 1 medium | 86% | 4 |
| peaches | 1 cup | 89% | 4 |
| Spanish | 1 cup | 88% | 2.5 |
| green peppers | 1/2 cup | 94% | 2.3 |
| Peach (raw) | 1 medium | 88% | 1.8 |
| Grapefruit (raw) | 1/2 cup sections | 91% | 1.5 |
| Cauliflower | 1/2 cup | 92% | 1.3 |
| Asparagus | 4 spears | 93% | 1.2 |
| Cabbage | 1/2 cup, shredded | 93% | 1.2 |
| Olives | 10 olives | 80% | 1 |
| Cucumber | 100g | 96% | 0.5 |
| Tomatoes | 180g | 95% | 2.2 |
| Melon | 100g | 91% | 1.4 |
| lettuce | 100g | 95% | 3.8 |
| Blueberries | 1 cup | 84% | 3.6 |
| Orange | a small orange | 86% | 3.1 |
| Strawberries | 1 cup | 91% | 3 |