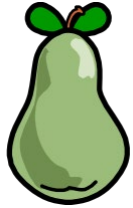


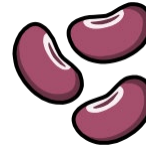
Chickpeas



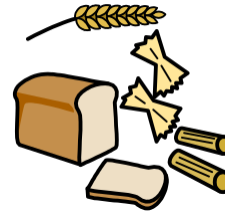
Pears



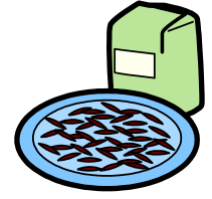
Baked beans



Kidney Beans



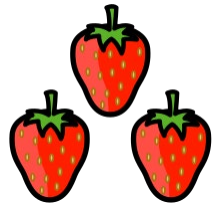
Wholegrains



Brown Rice



Wholemeal Bread



Strawberries



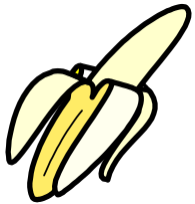
# High Fibre foods



Popcorn



Nuts



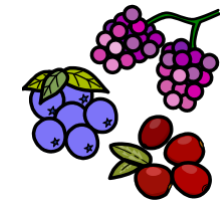
Banana



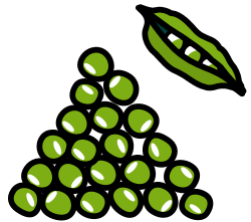
Avocado



Baked potato



Berries



Garden peas



Apples



Hummus



Vegetables



Bran cereal



Oatmeal