

## Fiber-Rich Fruits and Vegetables: a "Best Buys" Guide



Fruits and vegetables have much flavor and nutrition. Eating them promotes good health and decreases risk for many chronic diseases, including cancer. Eating a variety of fruits and vegetables is recommended because they provide vitamins, minerals, fiber and other natural substances, such as antioxidants and phytochemicals, that are important for good health.

Dietary fiber is found only in plant foods, including fruits, vegetables, cooked dry beans and peas, and whole grain breads and cereals. There are different types of fiber in food. Eating fiber-rich foods, including fresh fruits and vegetables, promotes good health and decreases risk for many diseases, including chronic constipation, diverticular disease, hemorrhoids, heart disease, and certain kinds of cancer.

Try to eat 5 or more servings of fruits and vegetables a day, with at least one serving per day being vitamin A-rich, vitamin C-rich and fiber rich. In addition, eat several servings per week of cruciferous (cabbage-family) vegetables.

One way to stretch the value of your food dollar is to buy fresh fruits and vegetables in season. The following information shows an alphabetical listing of fruits and vegetables that are good sources of dietary fiber if served raw or not overcooked. Eat the washed skin, too, if possible. The "best time to buy" lets you know when to buy those fruits and vegetables for the best quality at their lowest cost.

<b>Fruits and Vegetables that are good sources of fiber</b>	<b>Best time to Buy Fresh</b>
apple w/skin	January, February, March, April, September, October, November, December
avocado	January, February, March, April, May, June, July, August, November, December
banana	
berries, (blackberries, blueberries, raspberries, strawberries)	April, May, June, July, August
broccoli	February, March, April, July, August, September, October, November
Brussels sprouts	October, November
carrots	
cherries	May, June, July
cooked beans and peas (black, broad, butter, garbanzo, kidney, lima, mung, navy, Northern, pinto, red, and white beans; lentils; black-eyed and split peas)	
corn	June, July, August
currants	

<b>Fruits and Vegetables that are good sources of fiber</b>	<b>Best time to Buy Fresh</b>
grapefruit	January, February, March, April, May, July, August, September, November, December
green peas	
kiwi fruit	
mango	
nectarines	June, July, August
orange	
papaya	
parsnips	
pear w/skin	January, February, March, April, July, August, September, October, November, December
pineapple	April, May
potato	
spinach	March, April, May
sweet potato w/skin	October, November, December
tomato w/skin	May, June, July, August, September
turnip greens	
winter squash	September, October, November, December

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