What WIC foods are good sources of fiber?

WIC Cereals:

General Mills:  Fiber One Honey Clusters (10 g)
              Whole Grain Total (9 g)
Great Value:   Bite Size Frosted Shredded Wheat (8 g)
              Bran Flakes (5 g)
              Crunchy Nuggets (7 g)
              Toasted Wheat (5 g)
Kellogg’s:     All Bran (10 g)
               Frosted Mini Wheats, Original (6 g)
Kroger:        Bran Flakes (5 g)
               Frosted Shredded Wheat (6 g)
               Frosted Shredded Wheat Strawberry Cream (6 g)
               Nutty Nuggets (7 g)
               Oat Squares (5 g)
Malt-o-Meal    Blueberry Mini Spooners (6 g)
               Frosted Mini Spooners (6 g)
               Strawberry Cream Mini Spooners (6 g)
Post:          Bran Flakes (7 g)
               Grape Nuts (7 g)
Quaker:        Oatmeal Squares Cinnamon (5 g)
               Oatmeal Squares Golden Maple (5 g)
               Oatmeal Squares Hint of Brown Sugar (5 g)
               Oatmeal Squares Honey Nut (5 g)
Cream of Wheat: Healthy Grain Cream of Wheat Instant (5 g)
               Whole Grain Cream of Wheat (5 g)
Beans:
All beans have a high amount of fiber, ranging from 12-19 g/cup

Whole Grains:
Whole Wheat Tortillas: 3 g - 4 g/tortilla compared to flour tortillas with 1 g/tortilla
100% Whole Wheat Bread: 2 g/slice compared to 0 g/slice of white bread
Brown Rice: Regular 4 g/cup
Instant 2 g/cup
Whole Wheat Pasta: 6-7 g/cup

Vegetables: All vegetables are great sources of vitamins, minerals and fiber.

Peas (5 g/cup)
Avocado, raw (9 g/1/2 whole avocado)
Jicama, raw (6 g/cup)
Spinach, cooked (4 g/cup)
Cauliflower, cooked (5 g/cup)
Brussels Sprouts, cooked (6 g/cup)
Red Cabbage, cooked (4 g/cup)
Russet potato, flesh and skin (4 g/1 medium)
Sweet potato, flesh and skin (4 g/1 medium)
Summer squash, cooked (5 g/cup)
Zucchini squash, cooked (3 g/cup)
Spaghetti squash, cooked (2 g/cup)

Fruits: (All fruits are great sources of vitamins, minerals and fiber.)

Pear, (6 g/1 medium)
Prunes, dried (6 g/1/2 cup)
Apple (4 g/1 medium)
Orange (4 g/1 medium)
Banana (3 g/1 medium)
Strawberries (4 g/cup)
Blueberries (4 g/cup)
Raspberries (8 g/cup)