

Just as bones make up the skeletons of animals, fiber is the skeleton of plants. Fiber is only found in plants which is why consuming a plant-rich diet is so important. Fiber is a type of carbohydrate that your body cannot digest. It plays a vital role in digestive health, can aid in weight management by promoting satiety, and reduces the risk of chronic diseases like diabetes, heart disease, and certain types of cancer.

TYPES OF FIBER

Soluble

Soluble fiber dissolves in water and acts like a sponge. When eaten, it creates a sticky bolus (a small gel-like mass) that helps lower blood glucose and cholesterol levels. It also works with your liver to escort excess hormones, like estrogen and testosterone, from the body.

Sources:



Fruit, vegetables, barley, oat bran, legumes, nut, and seeds

Insoluble


Insoluble fiber does not dissolve in water and acts like a broom, facilitating movement of food through the digestive tract. It also contributes to bulking up stool which promotes regularity and reduces constipation.

Sources:

Fruit, vegetables, wheat bran, whole grains



The recommended daily fiber intake varies by age and gender, but a general recommendation is 25–30 grams per day. It's best to get fiber from whole foods like fruit, vegetables, legumes, nuts, seeds, and whole grains, as they also provide essential nutrients. Gradually increase fiber intake while drinking plenty of water to avoid digestive discomfort.



Getting enough fiber in your diet is essential for good health! Fiber helps with digestion, keeps you feeling full longer, and can even help reduce the risk of certain diseases. Here are five of the best high-fiber foods from different categories, along with their serving sizes and fiber content.

Fruit

Raspberries

- Serving Size: 1 cup
- Fiber Content: 8 grams



Raspberries are one of the most fiber-rich fruits you can eat. Enjoy them as is, or add them to yogurt, oatmeal, smoothies, salads, or baked goods for a delicious fiber boost.

Vegetables

Artichokes

- Serving Size: 1 medium artichoke
- Fiber Content: 7 grams



Artichokes are not just delicious but also packed with fiber. Enjoy them steamed or roasted, added to salads, blended into dips, or used as a topping for grain bowls.

Whole Grains

Barley

- Serving Size: 1/2 cup cooked
- Fiber Content: 3-4 grams



Barley is a versatile grain that can be used in soups, stews, or as a base for grain bowls. It's an excellent choice for boosting digestive health, promoting fullness, and supporting heart health.

Seeds

Chia Seeds

- Serving Size: 1 ounce
- Fiber Content: 10 grams



Chia seeds are tiny but mighty when it comes to fiber. Sprinkle them on your cereal, mix them into smoothies, or make a chia pudding for a fiber-packed treat.

Pulses

Lentils

- Serving Size: 1/2 cup cooked
- Fiber Content: 8 grams



Lentils are an excellent source of fiber and protein. They're perfect for soups, curries, and salad, as a base for veggie burgers, or even as a meat substitute in various dishes like tacos and meatballs.

Tips

Aim for at least 25-30 grams of fiber each day for optimal health!

Remember: Gradually increase fiber intake while drinking plenty of water to avoid digestive discomfort.

Additional Sources of Fiber-Rich Vegetables

Food Source	Serving Size	Grams of Fiber
Pumpkin	1 cup cooked	7
Brussels sprouts	1 cup cooked	6.5
Sweet potato	1 cup cooked	6
Parsnips	1 cup cooked	6
Winter squash	1 cup cooked	6
Broccoli	1 cup cooked	5
Avocado	1/3-1/2 medium (50 grams)	5
Cauliflower	1 cup cooked	5
Collard greens	1 cup cooked	5
Kale	1 cup cooked	5

Additional Sources of Fiber-Rich Fruit

Food Source	Serving Size	Grams of Fiber
Blackberries	1 cup	7.5
Pear	1 medium	5.5
Kiwi	1 cup	5.5
Grapefruit	1 fruit	5
Apple (with skin)	1 medium	5
Blueberries	1 cup	3.5
Pomegranate seeds	1/2 cup	3.5
Banana	1 medium	3
Strawberries	1 cup	3
Cherries	1 cup	3

Additional Sources of Fiber-Rich Pulses

Food Source	Serving Size	Grams of Fiber
Navy beans	1/2 cup cooked	9.5
Small white beans	1/2 cup cooked	9.5
Split peas	1/2 cup cooked	8
Lentils	1/2 cup cooked	8
Black beans	1/2 cup cooked	7.5
Garbano beans	1/2 cup cooked	6.5
Kidney beans	1/2 cup cooked	6
Green peas	1/2 cup cooked	4

Additional Sources of Fiber-Rich Whole Grains, Nuts, and Seeds

Food Source	Serving Size	Grams of Fiber
Farro	1/2 cup cooked	5
Quinoa	1/2 cup cooked	5
Bulgur	1/2 cup cooked	4
Spelt	1/2 cup cooked	4
Basil seeds	1 ounce	15
Pumpkin seeds	1 ounce	5
Almonds	1 ounce	3.5
Sunflower seeds	1 ounce	3
Pistachios	1 ounce	3
Flaxseeds	1 ounce	3