



High-Fiber Foods Guide

Simple foods and easy ideas to support fullness, gut health, digestive regularity, and metabolic health.

Feel satisfied

Fiber-rich foods can help meals feel more filling.

Feed your gut

Some fibers are fermented by helpful gut bacteria.

Support steady energy

Soluble fiber can slow digestion and support a steadier after-meal blood sugar response.

Start small. Add one fiber-rich food at a time, increase gradually, and drink enough fluids.

Beans, peas & lentils

Legumes combine fiber with plant protein, making them a practical choice for satisfying meals. Add them to salads, soups, tacos, bowls, pasta sauce, or dips.



Dry or canned both work. Rinse canned beans if you want to reduce some of the sodium.

Lima beans

6.6 g / 1/2 cup

Fiber plus plant protein helps build a filling meal; lima beans also contribute potassium. **Try:** soups or a warm vegetable side.

Navy beans

4.8 g / 1/4 cup

A compact fiber boost with plant protein and folate. **Try:** white-bean soup or mash into toast topping.

Split peas

4.1 g / 1/4 cup

Fiber and protein make split peas especially satisfying. **Try:** split-pea soup or add to a hearty stew.

Lentils

3.9 g / 1/4 cup

Provide fiber, plant protein, iron, and folate. **Try:** salads, tacos, curry, or meat-sauce blends.

Black beans

3.8 g / 1/4 cup

Fiber and protein can improve the staying power of a meal. **Try:** bowls, chili, salsa, or scrambled eggs.

Chickpeas

3.2 g / 1/4 cup

Offer fiber, protein, and folate in a versatile form. **Try:** hummus, roasted snacks, salads, or curry.

Easy win: Stir 1/4 cup of beans or lentils into a familiar meal. When your digestion adjusts, increase the amount if it works for you.

Fiber-rich vegetables



Vegetables add fiber, water, vitamins, minerals, and volume. Mixing colors and textures makes it easier to eat a wider range.

Artichoke

4.8 g / 1/2 cup

One of the richer vegetable sources of fiber; also contributes folate. **Try:** hearts in salads, eggs, or whole-grain pasta.

Green peas

4.4 g / 1/2 cup

Give you fiber plus plant protein and a naturally sweet taste. **Try:** soups, rice bowls, or mashed with herbs.

Canned pumpkin

3.6 g / 1/2 cup

Fiber plus beta-carotene in an easy pantry food. **Try:** oats, chili, soup, or yogurt.

Brussels sprouts

3.2 g / 1/2 cup

Pair fiber with vitamin C and vitamin K. **Try:** roast until browned or shred into slaw.

Sweet potato

3.2 g / 1/2 cup

Provides fiber, potassium, and beta-carotene. **Try:** keep the edible skin and top with beans.

Jicama

3.0 g / 1/2 cup

Crunchy, hydrating, and a source of prebiotic-type fiber. **Try:** sticks with lime or chopped into slaw.

Broccoli

2.6 g / 1/2 cup

Adds fiber and vitamin C while helping a plate feel more substantial. **Try:** roast, steam, or add to stir-fries.

Avocado

2.5 g / 1/4 cup

Combines fiber with unsaturated fat, which can add satisfaction. **Try:** toast, salads, tacos, or a bowl topping.

Plate shortcut: Choose one cooked vegetable and one raw vegetable. The contrast makes a fiber-rich plate more interesting.

Whole fruits with fiber



Choose whole fruit more often than juice when fiber is the goal. Keep edible skins on when practical.

Raspberries

4.0 g / 1/2 cup

A high-fiber berry with vitamin C and bright flavor. **Try:** oats, yogurt, salads, or frozen as a snack.

Blackberries

3.8 g / 1/2 cup

Fiber plus vitamin C and colorful plant compounds. **Try:** cottage cheese, chia pudding, or smoothies.

Pear

2.8 g / 1/2 medium

The edible skin helps make pears fiber-rich; they also provide vitamin C. **Try:** sliced with nuts or diced into oats.

Kiwifruit

2.7 g / 1/2 cup

Offers fiber and vitamin C in a tangy package. **Try:** spoon over yogurt or add to fruit salad.

Apple with skin

2.4 g / 1/2 medium

Contains soluble and insoluble fiber; the skin carries part of the total. **Try:** pair slices with peanut butter.

Orange

1.9 g / 1/2 medium

Whole orange segments provide fiber along with vitamin C. **Try:** enjoy the fruit instead of drinking the juice.

Blueberries

1.8 g / 1/2 cup

An easy way to add fiber and colorful plant compounds. **Try:** frozen berries in oats or plain yogurt.

Banana

1.6 g / 1/2 medium

Provides fiber and potassium and travels well. **Try:** pair with nuts, seeds, or yogurt for staying power.

Snack formula: Whole fruit + a protein or healthy-fat partner, such as yogurt, cottage cheese, nuts, or nut butter.

Whole grains, nuts & seeds



These foods are easy to sprinkle, swap, or scoop into meals. Check packaged-food labels because fiber amounts vary by brand.

High-fiber bran cereal

7.0 g / 1/4 cup

A concentrated way to add fiber. **Try:** use as cereal, stir into yogurt, or add crunch to oats.

Whole-grain kernel cereal

3.8 g / 1/4 cup

Provides whole-grain fiber and texture. **Try:** pair with berries and unsweetened milk or yogurt.

Pumpkin seeds, whole

2.6 g / 1/2 oz

Add fiber, magnesium, and satisfying crunch. **Try:** salads, soups, oats, or a snack mix.

Popcorn

1.9 g / cup

A whole-grain snack that offers volume and crunch. **Try:** air-pop and season with herbs or spices.

Almonds

1.8 g / 1/2 oz

Fiber, plant protein, vitamin E, and unsaturated fat support a satisfying snack. **Try:** portion a small handful.

Pearled barley, cooked

1.5 g / 1/4 cup

Contains soluble beta-glucan fiber. **Try:** soups, grain bowls, or as a chewy side dish.

Chia seeds

1.4 g / tsp

Small but fiber-dense, with plant omega-3 fat. **Try:** oats, yogurt, smoothies, or chia pudding.

Ground flaxseed

0.9 g / tsp

Adds fiber and plant omega-3 fat; grinding improves access to nutrients. **Try:** sprinkle into oatmeal or yogurt.

Label tip: On Nutrition Facts, 5% Daily Value or less is low and 20% or more is high. Compare similar products using the same serving size.

Build a fiber-rich day

The FDA uses 28 grams per day as the Daily Value on a 2,000-calorie diet. Individual needs vary. You do not need a perfect day - repeat small additions that feel good and fit your life.

1

Breakfast: Oatmeal or whole-grain cereal + berries + chia or ground flax.

2

Lunch: Add beans or lentils to a salad, soup, wrap, or grain bowl.

3

Snack: Choose whole fruit with nuts, seeds, yogurt, or nut butter.

4

Dinner: Include two vegetables; keep edible skins on potatoes or sweet potatoes.

Gentle-start rules

- Increase fiber gradually to reduce gas or bloating.
- Drink enough water and other fluids so fiber can work well.
- Spread fiber across the day instead of loading it into one meal.
- Choose a variety of plant foods; different fibers do different jobs.

Simple shopping list

- | | |
|---|---|
| ☐ Black beans | ☐ Pears |
| ☐ Lentils | ☐ Apples |
| ☐ Chickpeas | ☐ Whole-grain cereal |
| ☐ Green peas | ☐ Popcorn |
| ☐ Broccoli | ☐ Barley |
| ☐ Sweet potatoes | ☐ Almonds |
| ☐ Avocado | ☐ Chia seeds |
| ☐ Raspberries | ☐ Ground flax |

TRUSTED SOURCES

USDA, Dietary Guidelines for Americans: Food Sources of Fiber - Smaller Portions (August 2024). Fiber amounts in this guide come from this table and are rounded as shown; amounts vary by variety, brand, and preparation.

U.S. Food and Drug Administration: Interactive Nutrition Facts Label - Dietary Fiber.

National Institute of Diabetes and Digestive and Kidney Diseases: Eating, diet, and nutrition guidance for constipation.

Mayo Clinic Press: Why protein and fiber matter for weight and energy.

Health note: This guide is educational and is not medical advice. If you have a digestive disorder, swallowing difficulty, kidney disease, diabetes treated with medication, or another condition that affects food or fluid needs, ask a qualified health professional what fiber target is right for you.

