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41 Foods High in Fiber

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<div style="text-align: left;">Fiber-rich

foods are so cool for gut health, I remember having an intestinal problem a long time ago and I had to take more fiber for easy bowel movement. Today I'm going to show you 41 foods high in fiber. Likely actions of fiber in the body and health benefits.</div>

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<h2>What is Fiber?
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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Fiber is a non-digestible carbohydrate, it always comes from a plant source, Because it is indigestible, it doesn't give calories. A fiber can be insoluble or soluble.</p>

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Insoluble fiber cannot dissolve in water, examples include cellulose found in the skin of fruits and vegetables.</p>

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Soluble fiber can dissolve in water, inside water they become gel-like. They can be found inside plants, especially many fruits and legumes.</p>

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<h2 style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">How much fiber per day</h2>

<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;"><span style="font-size: 14pt;

font-family: roboto; font-variant-numeric: normal; font-variant-east-asian: normal; vertical-align: baseline; white-space: pre-wrap;">The Institute of Medicine recommends 38 grams per day for men and 25 grams for women.

Health Benefits of Fiber

- Lower blood cholesterol by binding with bile, cholesterol is required in the production of bile
- Slow glucose absorption which makes it a top choice for managing type 2 diabetes mellitus
- Slow transit of food through the upper GI tract
- Hold moisture in stools, soften them
- Yield small fat molecules after fermentation that the colon can use for energy
- Increase fecal weight and speed fecal passage through the colon
- Provide bulk and feelings of fullness
- Lower risk of heart disease
- Lower risk of diabetes
- Alleviate constipation
- Help reduce weight since they provide no calories

font-family: roboto; font-variant-numeric: normal; font-variant-east-asian: normal; vertical-align: baseline; white-space: pre-wrap;">Adding fiber-rich foods into your diet will greatly improve your health holistically but make sure you stay within the recommended range as over-consumption beyond the daily recommendation may cause bloating.

Here are forty-one (41) foods that are good sources of dietary fiber.

Fruits High in fiber

1. Apple

Apple is a succulent fruit with a nice taste. The skin is rich in soluble fiber and the other part is rich in soluble fiber.

Apart from its fiber content, apples are rich in vitamin C, vitamin A, and potassium.

Fiber content: 2.4 g per 100 grams

2. Bananas

Bananas are one of the most popular fruits in the world. It is a good source of soluble fiber.

font-family: roboto; font-variant-numeric: normal; font-variant-east-asian: normal; vertical-align: baseline; white-space: pre-wrap;">It is also one of the best sources of potassium. It can be enjoyed raw or as a smoothie.

Fiber content:2.6 g per 100 grams

3. Apricots

Also known as Armenian Plums, they are very nutritious, and improve digestive health and eye health.

They are also rich sources of Vitamin A, Vitamin C, Vitamin E, and potassium

Fiber Content : 2. g per 100 grams

4. Cherry

A fleshy drupe which is very nutritious and good for our health. It is packed with both water and fat-soluble vitamins.

Fiber content: 2.1 g per 100 grams

<span style="font-size: 14pt;

font-family: lato; font-variant-numeric: normal; font-variant-east-asian: normal; vertical-align: baseline; white-space: pre-wrap;">5. Dates

Dates have an awesome nutrition profile. They contain antioxidants which are so beneficial to human health.

It is one of my top choices for fiber as 100 grams contains 8 grams of fiber. Including it in your diet is one of the best ways to increase your fiber intake.

Fiber content: 8g per 100 grams

6. Figs

Figs are small fruits about the size of the thumb packed with small seeds. They are packed with nutrients and offer great health benefits

They are low in calories but dense in micronutrients. Rich in Vitamin B1, Potassium, and Magnesium.

Fiber content: 2.9g per 100 grams

7. Guava

font-family: roboto; font-variant-numeric: normal; font-variant-east-asian: normal; vertical-align: baseline; white-space: pre-wrap;">Guava is amazingly rich in fiber, antioxidants, Vitamin C, and Potassium. It is nutrient-dense and offers many health benefits. It is a top choice for both soluble and insoluble fiber.</p>

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Fiber content: 5.4 g per 100 grams.</p>

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<h2 style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">8. Kiwifruits</h2>

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Kiwi is considered one of the fruits everyone needs to try thanks to its Vitamin C content. Apart from Vitamin C, it is also rich in folate, vitamin E, Vitamin K, and Potassium.</p>

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">It is also a good source of fiber especially if you are trying to increase your fiber intake.</p>

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Fiber content : 3g per 100 grams.</p>

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<h2 style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">9. Lemon</h2>

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Lemons are healthy, they support heart health and also help in weight management. They are a good source of vitamin C and fiber.</p>

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Lemon is worth trying and it is going to be a great addition to

your diet if you are trying to increase your fiber intake.

Fiber content: 2.8g per 100 grams.

10. Lime

Lime is a great source of fiber, apart from this, they are a nutrient powerhouse. They are rich in vitamin C, Iron, Vitamin B6, and Antioxidants.

It will be a great addition to your diet if you are looking to improve your fiber intake

Fiber content: 2.8 g per 100 grams.

11. Oranges

[Orange](nutrisoft.xyz/article/facts-about-oranges/) is very popular throughout the world. It is very nutrient-dense and also contains some phytochemicals.

It is a good source of vitamin C apart from its fiber content. It will be a great addition to your diet if you are yearning to increase your fiber intake.

font-family: roboto; font-variant-numeric: normal; font-variant-east-asian: normal; vertical-align: baseline; white-space: pre-wrap;"> To enjoy it, make sure you take it as a whole fruit and not just the juice.</p>

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Fiber content: 2.4 g per 100 grams.</p>

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<h2 style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">12. Pears</h2>

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Pears are so delicious and not only that, they are so dense in nutrients. It is a good source of Vitamin C and one of the best sources of copper.</p>

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">It is a fruit I will surely go for to improve my fiber intake. The skin is rich in insoluble fiber and the inside contains soluble fiber.</p>

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Fiber content: 3.1g per 100 grams </p>

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<h2 style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">13. Persimmons</h2>

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Apart from its fiber contents, persimmons are loaded with nutrients which make it very important for health.</p>

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">They are rich sources of vitamin A, Vitamin C, and Manganese. One persimmon (168 grams) contains 55% of the recommended daily intake of Vitamin A.</p>

Fiber content: 3.6 g per 100 grams.

14. Pomegranate

Loaded with nutrients, it is among the healthiest fruits in the world. I will advise you to add it to your diet if you are trying to increase your fiber intake and also enjoy its nutrient density.

They are rich sources of Vitamin C, vitamin K, Folate, and Potassium. 174 grams will give you 36% of the recommended daily intake of vitamin K

Fiber content: 4 g per 100 grams.

15. Prune

Prune contains many nutrients. They are a rich source of vitamins and minerals. It is rich in both soluble fiber and insoluble fiber.

Fiber content: 3.3 g per 100 grams

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font-family: lato; font-variant-numeric: normal; font-variant-east-asian: normal; vertical-align: baseline; white-space: pre-wrap;">16. Strawberry

Strawberry is one of my favorite fruits because of its nutrient density. It is a great source of phytochemicals and antioxidants which can help reduce free radicals in the body.

It is also rich in vitamin C, folate, and manganese. If you are looking to add fiber to your diet, strawberry can be a great addition

Fiber content: 2g per 100 grams

17. Blackberry

Blackberry is so high in fiber which made it one of my top choices. It is rich in both soluble and insoluble fiber. It is so helpful if you are trying to reduce your blood cholesterol, thanks to its insoluble fiber content.

Apart from its fiber content, it is also packed with Vitamin C

Fiber content: 5.3g per 100 grams.

18. Cranberries

Another rich source of fiber you can add to your diet if you are aiming at increasing your fiber intake. They are a good source of vitamins and minerals.

It rich in vitamin C, Vitamin K, and copper

Fiber content: 3.6g per 100 grams

19. Raspberry

Raspberry is another top choice if you are looking to increase your fiber intake and at the same time enjoy its nutrient density. It is low in calories which makes it a good choice if you are trying to manage your weight.

Apart from its fiber content, it is a rich source of vitamin C and Manganese

Fiber content: 6.5 g per 100 grams

20. Blueberry

They are popular and also sweet fruits with a nice fiber content. They are also nutrient-dense. They contain minerals, vitamins, and phytochemicals

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Fiber content: 2.4 g per 100 grams</p>

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<h2 style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Grains High in Fiber</h2>

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<h3 style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">21. Brown Rice</h3>

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Fiber content: 3.6 g per 100 grams</p>

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<h3 style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">22. Oat</h3>

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Fiber content: 10.1 g per 100 grams</p>

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<h3 style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">23. Millet</h3>

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Fiber content: 8.5g per 100 grams</p>

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<h2 style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">24. Sorghum</h2>

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Fiber content: 6.7g per 100 grams</p>

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<h2 style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">25. Barley</h2>

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Fiber content: 15.6 g per 100 grams</p>

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<h3 style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">26. Pasta</h3>

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Fiber content: 3.2 g per 100 grams</p>

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<h2 style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Vegetables and legumes rich in fiber</h2>

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<h3 style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">27. Broccoli</h3>

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Fiber content: 2.6 g per 100grams</p>

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<h3 style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">28. Black beans</h3>

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Fiber content: 15.5 g per 100 grams</p>

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<h3 style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">29. Peas</h3>

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;"><span style="font-size: 14pt; font-family: roboto; font-variant-numeric: normal; font-variant-east-asian: normal; vertical-align:

baseline; white-space: pre-wrap;">Fiber content: 5.7g per 100 grams</p>

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<h3 style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">30. Kale</h3>

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Fiber content: 4.1 g per 100 grams</p>

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<h3 style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">31. Lentils</h3>

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Fiber content: 10.7g per 100 grams</p>

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<h3 style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">32. Cabbage</h3>

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Fiber content: 2.5 g per 100 grams</p>

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<h3 style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">33. Garlic</h3>

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Fiber content: 2.1g per 100 grams</p>

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<h3 style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">34. Pinto beans</h3>

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Fiber content: 8.4g per 100 grams</p>

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<h3 style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">35. Carrots</h3>

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Fiber content: 2.8 g per 100 grams</p>

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<h3 style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">36. Avocados</h3>

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Fiber content: 6.7 g per 100 grams</p>

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<h3 style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">37. Pepper</h3>

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Fiber content: 2.1g per 100 grams</p>

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<h3 style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">38. Eggplant</h3>

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Fiber content : 3g per 100 grams</p>

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<h3 style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">39. Yam</h3>

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Fiber content: 4.1g per 100 grams</p>

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baseline; white-space: pre-wrap;">40. Potatoes</h3>

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Fiber content: 2.5 g per 100 grams</p>

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<h3 style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">41. Okra</h3>

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Fiber content: 3.2 g per 100 grams</p>

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<div style="text-align: left;">Fiber is indeed wonderful and I recommend selecting from the lists of food above, we can easily add it to our daily food consumption.</div>

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<div style="text-align: left;">Do you feel some other foods should be added? you can comment on the food in the comment box.</div>

<div style="text-align: left;">Would you like to talk to a nutritionist about your eating lifestyle, use our free service to ask a nutritionist</div>

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