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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 the gut health, I remember having an intestinal problem long time ago and I have to take more fibers 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;">A 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;"><span style="font-size: 14pt;

font-family: lato; font-variant-numeric: normal; font-variant-east-asian: normal; vertical-align: baseline; white-space: pre-wrap;">How much fiber per day

<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">The Institute of Medicine recommends 38 grams per day for men and 25 grams for women.</p>

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<h2 style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Health Benefits of Fiber</h2>

<li style="line-height: 1.38;">Lower blood cholesterol by binding with bile, cholesterol is required in the production of bile

<li style="line-height: 1.38;">Slow glucose absorption which make it a top choice for managing type 2 diabetes mellitus

<li style="line-height: 1.38;">Slow transit of food through upper GI tract

<li style="line-height: 1.38;">Hold moisture in stools, soften them

<li style="line-height: 1.38;">Yield small fat molecules after fermentation that the colon can use for energy

<li style="line-height: 1.38;">Increase fecal weight and spread fecal passage through colon

<li style="line-height: 1.38;">Provide bulk and feelings of fullness

<li style="line-height: 1.38;">Lower risk of heart disease

<li style="line-height: 1.38;">Lower risk of diabetes

<li style="line-height: 1.38;">Alleviate constipation

<li style="line-height: 1.38;"><span style="font-size: 14pt; font-family: roboto; font-variant-numeric:

normal; font-variant-east-asian: normal; vertical-align: baseline; white-space: pre-wrap;">Help reduce weight since they provide no calories

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

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Here are forty one (41) foods that are good sources of dietary fiber.</p>

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

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<h2 style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">1. Apple</h2>

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

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Apart from its fiber content, apples are rich in vitamin C, vitamin A and potassium.</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>

<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;"> </p>

<h2 style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">2. Bananas</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;">Bananas are one of the most popular fruits in the world. It is a good source of soluble fiber.</p>

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">It is also one of the best sources of potassium. It can be enjoyed raw or as a smoothie.</p>

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

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<h2 style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">3. Apricots</h2>

<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Also known as Armenian Plums , they are very nutritious, improve digestive health and also eye health.</p>

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">They are also rich source of Vitamin A, Vitamin C, Vitamin E and potassium</p>

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Fiber content : 2.g per 100 grams</p>

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<h2 style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">4. Cherry</h2>

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">A fleshy drupe which is very nutritious and good for our health. It is packed with both water and fat soluble vitamins.</p>

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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 : 2.1 g per 100 grams </p>

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<h2 style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">5. Dates</h2>

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Dates have an awesome nutrition profile. They contain antioxidants which are so beneficial to human health. </p>

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

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Fiber content : 8g per 100 grams</p>

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<h2 style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">6. Figs</h2>

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Figs are small fruits about the size of the thumb packed with small seeds. They are packed with nutrients and offer great health benefits</p>

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">They are low in calories but dense in micro nutrients. Rich in Vitamin B1, Potassium and Magnesium.</p>

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Fiber content : 2.9g per 100 grams</p>

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">7. Guava</p>

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

baseline; white-space: pre-wrap;">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.</p>
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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Fiber content : 2.8g per 100 grams.</p>
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<h2 style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">10. Lime</h2>
<p> </p>
<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Lime is a great source of fiber, apart from this, they are a nutrient power house. They are so rich in vitamin C , Iron , Vitamin B6 and Antioxidants.</p>
<p> </p>
<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">It will be a great addition to your diet if you are looking to improve your fiber intake</p>
<p>

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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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<h2 style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">11. Oranges</h2>
<p> </p>
<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Orangeis very popular throughout the world. It is very nutrient dense and also contains some phytochemicals.</p>

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.

To enjoy it, make sure you take it as a whole fruit and not just the juice.

Fiber content : 2.4 g per 100 grams.

12. Pears

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.

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.

Fiber content : 3.1g per 100 grams

13. Persimmons

Apart from its fiber contents, persimmons are loaded with

nutrients which make it very important for health.

They are rich sources of vitamin A, Vitamin C and Manganese. One persimmon (168 grams) contains 55% of recommended daily intake of Vitamin A.

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 source of Vitamin C, vitamin k, Folate and Potassium. 174 grams will give you 36% of 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

16. Strawberry

[Strawberry](https://bit.ly/2Vcfo2M) is one of my favourite fruits because of 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 it fiber content, it is also pack with Vitamin C

baseline; white-space: pre-wrap;">Fiber content : 5.3g per 100 grams.</p>

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<h2 style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">18. Cranberries</h2>

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

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">It rich in vitamin C, Vitamin K and copper</p>

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

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<h2 style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">19. Raspberry</h2>

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

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Apart from it fiber content, it is a rich source of vitamin C and Manganese </p>

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Fiber content : 6.5 g per 100 grams </p>

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<h2 style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;"><span style="font-size: 14pt;

font-family: lato; font-variant-numeric: normal; font-variant-east-asian: normal; vertical-align: baseline; white-space: pre-wrap;">20. Blueberry</h2>

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<p style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">They are popular and also sweet fruits with a nice fiber content. They are also nutrient dense. They contain minerals, vitamins and phytochemicals</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;">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;"><span style="font-size: 14pt;

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

<p> </p>

<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>

<p> </p>

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

<p> </p>

<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>

<p> </p>

<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>

<p> </p>

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

<p> </p>

<h3 style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;"><span style="font-size: 14pt;

font-family: lato; font-variant-numeric: normal; font-variant-east-asian: normal; vertical-align: baseline; white-space: pre-wrap;">34. Pinto beans

line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt; font-size: 14pt; font-family: roboto; font-variant-numeric: normal; font-variant-east-asian: normal; vertical-align: baseline; white-space: pre-wrap;">Fiber content : 8.4g per 100 grams

line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt; font-size: 14pt; font-family: lato; font-variant-numeric: normal; font-variant-east-asian: normal; vertical-align: baseline; white-space: pre-wrap;">35. Carrots

line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt; font-size: 14pt; font-family: roboto; font-variant-numeric: normal; font-variant-east-asian: normal; vertical-align: baseline; white-space: pre-wrap;">Fiber content : 2.8 g per 100 grams

line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt; font-size: 14pt; font-family: lato; font-variant-numeric: normal; font-variant-east-asian: normal; vertical-align: baseline; white-space: pre-wrap;">36. Avocados

line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt; font-size: 14pt; font-family: roboto; font-variant-numeric: normal; font-variant-east-asian: normal; vertical-align: baseline; white-space: pre-wrap;">Fiber content : 6.7 g per 100 grams

line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt; font-size: 14pt; font-family: lato; font-variant-numeric: normal; font-variant-east-asian: normal; vertical-align: baseline; white-space: pre-wrap;">37. Pepper

line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt; font-size: 14pt; font-family: roboto; font-variant-numeric: normal; font-variant-east-asian: normal; vertical-align: baseline; white-space: pre-wrap;">Fiber content : 2.1g per 100 grams

line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt; font-size: 14pt; font-family: lato; font-variant-numeric: normal; font-variant-east-asian: normal; vertical-align: baseline; white-space: pre-wrap;">38. Eggplant

line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt; font-size: 14pt; font-family: roboto; font-variant-numeric: normal; font-variant-east-asian: normal; vertical-align: baseline; white-space: pre-wrap;">Fiber content : 3g per 100 grams

line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt; font-size: 14pt; font-family: lato; font-variant-numeric: normal; font-variant-east-asian: normal; vertical-align: baseline; white-space: pre-wrap;">39. Yam

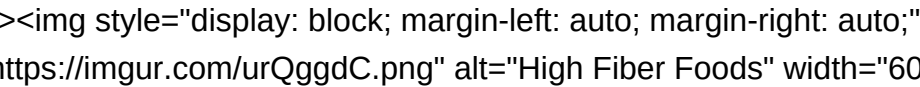
Fiber content : 4.1g per 100 grams

40. Potatoes

Fiber content : 2.5 g per 100 grams

41. Okra

Fiber content : 3.2 g per 100 grams



Fiber is indeed wonderful and I recommend selecting from the lists of food above, we can easily add it to our daily food consumption.

You feel some other foods should be added? you can comment the food in the comment box.

Will you like to talk to a nutritionist about your eating lifestyle, use our free service [ask a nutritionist](https://bit.ly/3zoQXOb)


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justify;"><span style="color: #0e101a; font-family: 'Open Sans', sans-serif; font-size: 16.7px; text-align: left;">&nbsp;</span></div>
<div style="color: #000000; font-family: Roboto, sans-serif; font-size: 16.7px; text-align: justify;">
<div style="text-align: center;">&nbsp;</div>
<div>&nbsp;</div>
</div>
<div style="color: #000000; font-family: Roboto, sans-serif; font-size: 16.7px; text-align: justify;">&nbsp;</div>
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