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## 10 Healthy High Fiber, Low Carb Foods

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

<p dir="ltr" style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;"><span style="font-size: 18pt; font-family: georgia, palatino, serif; color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;"></span></p>

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

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<p dir="ltr" style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;"><span style="font-family: roboto; font-size: 14pt;"><span style="color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">Have you tried reducing your carbs and at the same time increasing your</span><a style="text-decoration: none;" href="https://bit.ly/2Vcfo2M"><span style="color: #1155cc; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: underline; text-decoration-skip-ink: none; vertical-align: baseline; white-space: pre-wrap;"> fiber</span></a><span style="color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;"> maybe for weight management or some other reasons. Foods highlighted in this article may be what you need. </span></span></p>

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<p><span style="font-family: roboto; font-size: 14pt;"><strong style="font-weight: normal;">&ampnbsp</strong></span></p>

<p dir="ltr" style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;"><span style="font-size: 14pt; font-family: roboto; color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">Dietary fiber can be soluble or insoluble fiber. Evidence shows that soluble fiber can help reduce cholesterol, cholesterol is a risk factor for atherosclerosis.</span></p>

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<p dir="ltr" style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;"><span style="font-family: roboto; font-size: 14pt;"><span style="color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">Are you currently following a low carb diet and your fiber intake is giving you a concern? </span><span style="color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">The following foods are chosen based on their <strong>net carbohydrate- total carbohydrate in grams minus dietary fiber in grams. </strong></span><span style="color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">Then you can go through the following lists of high fiber and low carb foods.</span></span></p>

<p><span style="font-family: georgia, palatino, serif; font-size: 14pt;"><strong style="font-weight: normal;">&ampnbsp</strong></span></p>

<h2 dir="ltr" style="line-height: 1.38; margin-top: 18pt; margin-bottom: 6pt;"><span style="font-family: lato; font-size: 14pt;"><strong><span style="color: #000000; background-color: transparent; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">1. Avocado</span></strong></span></h2>

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<p dir="ltr" style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;"><span style="font-family:

roboto; font-size: 14pt;">><span style="color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">Avocado is also a good source of potassium, 100g contains 507 mg of potassium which makes it heart friendly . </span><span style="color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">Avocado can be taken raw, as pureed or try this</span><a style="text-decoration: none;" href="https://www.eatright.org/food/planning-and-prep/recipes/avocado-grapefruit-salad-with-citrus-vinaigrette-recipe"><span style="color: #1155cc; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: underline; text-decoration-skip-ink: none; vertical-align: baseline; white-space: pre-wrap;"> avocado recipe.</span></a></span></p>

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<p dir="ltr" style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;"><span style="font-size: 14pt; font-family: roboto; color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">I like coconut, thanks to its taste. It can be enjoyed by everyone. Coconut is also a nutrient pack. It has a low carbohydrate high fiber ratio.</span></p>

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<p dir="ltr" style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;"><span style="font-size: 14pt; font-family: roboto; color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">This is one of my favorites, they are nutrient packs. Apart from its fiber content, they are good sources of antioxidants and omega 3 fatty acid.</span></p>

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<p dir="ltr" style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;"><span style="font-size: 14pt; font-family: roboto; color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">It belongs to the mustard family and a cruciferous vegetable that is high in fiber, vitamins and minerals but low in carbs and calories.</span></p>

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<p dir="ltr" style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;"><span style="font-size: 14pt; font-family: roboto; color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">It is also a good source of choline, 100g of cauliflower contains 57 mg of choline, it is very important for brain health.</span></p>

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normal;">&nbsp;</strong></span></p>

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<p dir="ltr" style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;"><span style="font-size: 14pt; font-family: roboto; color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">Broccoli belong to the same family as cauliflower, it is one of the popular cruciferous vegetable that is high in several nutrients of great health importance.&nbsp;</span></p>

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<p dir="ltr" style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;"><span style="font-family: roboto; font-size: 14pt;"><em><span style="color: #000000; background-color: transparent; font-weight: 400; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">100 grams of broccoli contains 6.64 g of carbs , 2.6g of fiber and a net carbs of 4g.</span></em></span></p>

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<p dir="ltr" style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;"><span style="font-size: 14pt; font-family: roboto; color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">Chia seeds are rich in nutrients like Vitamin A, potassium, calcium and magnesium. It is one of the best plant sources for omega-3 fatty acid.&nbsp;</span></p>

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<p dir="ltr" style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;"><span style="font-family: roboto; font-size: 14pt;"><span style="color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">Regular intake could help reduce inflammation, heart disease and some cancers. Also good for weight management.&ampnbsp Blackberries can be enjoyed raw, and can be added to smoothies with <span><a style="text-decoration: none;" href="https://bit.ly/2TutoUO"><span style="color: #1155cc; background-color: transparent; font-

weight: 400; font-style: normal; font-variant: normal; text-decoration: underline; text-decoration-skip-ink: none; vertical-align: baseline; white-space: pre-wrap;">strawberries

</span></a><span style="color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">. </span></span></p>

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<p dir="ltr" style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;"><span style="font-size: 14pt; font-family: roboto; color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">The eggplant or aubergine is a rich source of fiber. Seen as a vegetable by a nutritionist but from the angle of a botanist it is a berry. They are a good source of potassium, folate and magnesium with 100 grams&ampnbsp containing 229 mg, 22 ug and 14 mg respectively.</span></p>

<p><span style="font-family: roboto; font-size: 14pt;"><strong style="font-weight: normal;">&ampnbsp</strong></span></p>

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<p dir="ltr" style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;"><span style="font-family: roboto; font-size: 14pt;"><em><span style="color: #000000; background-color: transparent; font-weight: 400; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">Eggplants contain 5.88 grams of carbs and 3 grams of fiber and 2.88 grams of net carbs</span></em></span></p>

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<p dir="ltr" style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;"><span style="font-size: 14pt; font-family: roboto; color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">They contain few calories and can be enjoyed cooked.</span></p>

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<p dir="ltr" style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;"><span style="font-size: 14pt; font-family: roboto; color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">Asparagus is an awesome vegetable, some call it sparrow grass. It is a perennial flowering

plant in the genus asparagus. It is very nutritious and can be tried if you are watching your weight or you just want to enjoy a low carb diet.</span></p>

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<p dir="ltr" style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;"><span style="font-family: roboto; font-size: 14pt;"><em><span style="color: #000000; background-color: transparent; font-weight: 400; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">100 gram of Asparagus contains 3.88 grams of carbs and 2.1 grams of fiber and a net carbs of 1.78 grams.</span></em></span></p>

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<p><span style="font-family: roboto; font-size: 14pt;"><strong style="font-weight: normal;">&nbsp;</strong></span></p>

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<p><span style="font-family: roboto; font-size: 14pt;"><strong style="font-weight: normal;">&nbsp;</strong></span></p>

<h2 dir="ltr" style="line-height: 1.38; margin-top: 18pt; margin-bottom: 6pt;"><span style="font-family: roboto; font-size: 14pt;"><strong><span style="color: #000000; background-color: transparent; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">10. Raspberries</span></strong></span></h2>

<p dir="ltr" style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;"><span style="font-size: 14pt; font-family: roboto; color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">Raspberry is another great food thanks to its rich micro-nutrients and phytochemicals. It can be eaten as snacks, desserts and can be added to your smoothies.</span></p>

<p dir="ltr" style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;"><span style="font-size: 14pt; font-family: roboto; color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">It is so rich in vitamin C, potassium and manganese. 100 grams of raspberry contains 26.2 mg of vitamin C which is like 50% of the DV.</span></p>

<p><span style="font-family: roboto; font-size: 14pt;"><strong style="font-weight: normal;">&nbsp;</strong></span></p>

<blockquote>

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

roboto; font-size: 14pt;">><em><span style="color: #000000; background-color: transparent; font-weight: 400; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">100 grams of raspberry contains 11.9 grams of protein, 6.5 grams of fiber and a net carbs of 5.4 grams.</span></em></span></p>

</blockquote>

<p><span style="font-family: roboto; font-size: 14pt;"><strong style="font-weight: normal;">&ampnbsp</strong></span></p>

<p dir="ltr" style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;"><span style="font-size: 14pt; font-family: roboto; color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">They are rich in antioxidants which could help fight against free radicals.</span></p>

<p><span style="font-family: roboto; font-size: 14pt;"><strong style="font-weight: normal;"><br /><br /></strong></span></p>

<p dir="ltr" style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;"><span style="font-size: 14pt; font-family: roboto; color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">In conclusion, high fiber and low carbs foods are worth trying if you are trying to reduce your weight, trying heart friendly food and overall if you desire good health. Would you like to talk to a nutritionist about your diet ? Nutrisoft can help you.</span></p>

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

<p dir="ltr" style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;"><span style="font-size: 14pt; font-family: roboto; color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">I would like to know what you feel about the article in the comment box.&ampnbsp</span></p>

<p><span style="font-family: roboto; font-size: 14pt;"><strong style="font-weight: normal;">&ampnbsp</strong></span></p>

<p dir="ltr" style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;"><span style="font-size: 14pt; font-family: roboto; color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">Reference</span></p>

<p>&ampnbsp</p>

<p dir="ltr" style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;"><span style="font-family: roboto; font-size: 14pt;"><span style="color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">All food composition data are gotten from </span><a style="text-decoration: none;" href="https://www.usda.gov/"><span style="color: #1155cc; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: underline; text-decoration-skip-ink: none; vertical-align: baseline; white-space: pre-wrap;">USDA food composition database</span></a></span></p>

<p>&ampnbsp</p>