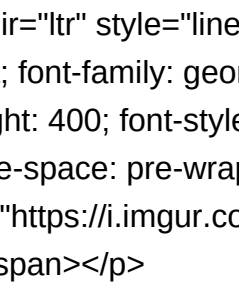


Nutrisoft : www.nutrisoft.xyz

10 Healthy High Fiber, Low Carb Foods

An image showing a high-fiber, low-carb food, likely a piece of fruit or vegetable, with a white background.

Have you tried reducing your carbs and at the same time increasing your [fiber](https://bit.ly/2Vcfo2M) maybe for weight management or some other reasons. Foods highlighted in this article may be what you need.

High carb food may lead to excessive weight gain. Overweight and obesity is a risk factor for certain cancers, hypertension, diabetes mellitus etc.

Folks managing blood sugar out of range, may consider lowering their carbs and increasing their fibers. There are some foods with good fiber to carbohydrate ratio which everyone can select from.

A fiber is a type of carbohydrate that can't be digested. Fiber doesn't contribute to calorie intake but they have wonderful health benefits.

Men should target 38 grams of fiber per day while women should aim at 25 grams of fiber per day. Fiber can only be found in plant sources. Healthy eating is a thing that can be learned and incorporated into our lifestyle if only we can adopt evidence based nutrition.

Dietary fiber can be soluble or insoluble fiber. Evidence shows that soluble fiber can help reduce cholesterol, cholesterol is a risk factor for atherosclerosis.

Are you currently following a low carb diet and your fiber intake is giving you a concern? The following foods are chosen based on their net carbohydrate- total carbohydrate in grams minus dietary fiber in grams. Then you can go through the following lists of high fiber and low carb foods.

1. Avocado

<blockquote>

This is a fruit also known for its healthy fat composition. Another great thing about avocado is the fiber content. 100g of avocado contains 8.64g of carbohydrate and 6.8g of fiber. The net carbohydrate is 2g approximately.

</blockquote>

roboto; font-size: 14pt;">Avocado is also a good source of potassium, 100g contains 507 mg of potassium which makes it heart friendly . Avocado can be taken raw, as pureed or try this avocado recipe.</p>

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<h2 dir="ltr" style="line-height: 1.38; margin-top: 18pt; margin-bottom: 6pt;">2. Coconut</h2>

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

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<blockquote>

<p dir="ltr" style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Coconut meat has 15.2g of total carbohydrate and 9g of fiber. The net carb is 6g which makes it a good fit for someone who wants to try a high fiber and low carb diet.</p>

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<p dir="ltr" style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">It is also rich in potassium and calcium. Coconut meat can be enjoyed raw.</p>

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<h2 dir="ltr" style="line-height: 1.38; margin-top: 18pt; margin-bottom: 6pt;">3. Flax seeds</h2>

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.

<blockquote>

The fiber content of flaxseed is just too amazing, *it has 28.9g of carbohydrate and 27.3g of fiber. The net carb is 1.6g.* It is the best choice looking at the net carb.

</blockquote>

Flaxseeds are a good source of potassium-813mg, calcium-255 mg and magnesium, 392 mg. It should be ground to reach all its potential health benefits.

4. Cauliflower

It belongs to the mustard family and a cruciferous vegetable that is high in fiber, vitamins and minerals but low in carbs and calories.

<blockquote>

The total dietary fiber in 100g of cauliflower is 3.2 g, carbs 6.09 g and net carbs of 2.9 g.

</blockquote>

It is also a good source of choline, 100g of cauliflower contains 57 mg of choline, it is very important for brain health.

normal;"> </p>

<h2 dir="ltr" style="line-height: 1.38; margin-top: 18pt; margin-bottom: 6pt;">5. Broccoli</h2>

<p dir="ltr" style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Broccoli belong to the same family as cauliflower, it is one of the popular cruciferous vegetable that is high is several nutrients of great health important </p>

<blockquote>

<p dir="ltr" style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">100 grams of broccoli contains 6.64 g of carbs , 2.6g of fiber and a net carbs of 4g.</p>

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<p dir="ltr" style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Broccoli is also a vegetable with a good source of protein, 100 grams of broccoli contains 2.83 g of protein. A good source of folate and potassium. It can be enjoy both cooked and raw </p>

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<h2 dir="ltr" style="line-height: 1.38; margin-top: 18pt; margin-bottom: 6pt;">6. Chia seeds</h2>

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

<blockquote>

<p dir="ltr" style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">It has high fiber and low carbs, it contains 42.1 grams of carbohydrates and 34.4 grams of fiber with net carbs of </p>

</blockquote>

<p dir="ltr" style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Though they are small in size, they are a good addition to our food especially if you are trying to lower your carbs intake. It can be sprinkled on smoothies, yoghurt or on top of salad.</p>

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<h2 dir="ltr" style="line-height: 1.38; margin-top: 18pt; margin-bottom: 6pt;">7. Blackberries</h2>

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<p dir="ltr" style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Berries are a good source of antioxidants that help fight free radicals in the body. Blackberries are delicious summer fruits with good vitamin C content , 100 grams of blackberries contain 21 gram of vitamin A.</p>

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<blockquote>

<p dir="ltr" style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">100g of blackberries contain 9.61 grams of carbohydrate, 5.3 grams of fiber and net carbs of 4.3 grams. It is a nice choice if you are watching your carbohydrate. </p>

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<p dir="ltr" style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Regular intake could help reduce inflammation, heart disease and some cancers. Also good for weight management. Blackberries can be enjoyed raw, and can be added to smoothies with <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

<p><strong style="font-weight: normal;"> </p>

<h2 dir="ltr" style="line-height: 1.38; margin-top: 18pt; margin-bottom: 6pt;">8. Egg plant</h2>

<p dir="ltr" style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">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 containing 229 mg, 22 ug and 14 mg respectively.</p>

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<blockquote>

<p dir="ltr" style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">Eggplants contain 5.88 grams of carbs and 3 grams of fiber and 2.88 grams of net carbs</p>

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<p dir="ltr" style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">They contain few calories and can be enjoyed cooked.</p>

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<h2 dir="ltr" style="line-height: 1.38; margin-top: 18pt; margin-bottom: 6pt;">9. Asparagus</h2>

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

Asparagus is a good source of potassium, vitamin C, Selenium and Folate. It is very low in Sodium which makes it heart friendly.

100 gram of Asparagus contains 3.88 grams of carbs and 2.1 grams of fiber and a net carbs of 1.78 grams.

You can add it to your diet and enjoy it.

10. Raspberries

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.

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.

roboto; font-size: 14pt;">100 grams of raspberry contains 11.9 grams of protein, 6.5 grams of fiber and a net carbs of 5.4 grams.</p>

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<p dir="ltr" style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">They are rich in antioxidants which could help fight against free radicals.</p>

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

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<p dir="ltr" style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">I would like to know what you feel about the article in the comment box. </p>

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

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<p dir="ltr" style="line-height: 1.38; margin-top: 0pt; margin-bottom: 0pt;">All food composition data are gotten from USDA food composition database</p>

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