

What Foods Are Highest in Fiber?

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What Is Fiber?

Fiber is an essential nutrient your body needs for a variety of functions and benefits.

[Fiber](#), also known as roughage, is a type of carbohydrate your body cannot break down. It passes through your body undigested and does a lot of work for your [digestive system](#) along the way. Your [diet](#) is the major source of fiber.

Because it passes through the body undigested, it facilitates bowel motions, keeps your digestive system healthy and clean, and removes harmful carcinogens and [cholesterol](#) from the body.

Dietary fiber gives your food more volume. It can support your efforts to lose or maintain weight because it makes you feel full quicker and for a longer period. Fiber is crucial for people with [diabetes](#) because fiber helps obtain and maintain glycemic control. Diets high in fiber can treat [diarrhea](#) and [constipation](#). Additionally, fiber might reduce [cholesterol levels](#).



26 high-fiber foods chart

Table 1. Some of the high-fiber foods against the total amount of fiber

	Foods	Serving size	Total fiber (in grams)
Legumes	Split peas (boiled)	1 cup	16
	Lentils (boiled)	1 cup	15
	Black beans (boiled)	1 cup	15
Nuts and seeds	Chia seeds	1 ounce	10
	Almonds	1 ounce	3.5
	Pistachios	1 ounce	3
	Pearl barley (cooked)	1 cup	6
Grains	Quinoa (cooked)	1 cup	6
	Instant oatmeal (cooked)	1 cup	5
	Air-popped popcorn	3 cups	3.5
	Cooked brown rice	1 cup	3.5
Vegetables	Whole-wheat bread	1 slice	2
	Green peas (boiled)	1 cup	9
	Broccoli (boiled)	1 cup (chopped)	5
	Turnip greens (boiled)	1 cup	5
	Brussels sprouts (boiled)	1 cup	4
	Sweet corn (boiled)	1 cup	3.5
	Cauliflower (raw)	1 cup (chopped)	2
	Carrot (raw)	1 mediums-sized	1.5
Fruits	Raspberries	1 cup	8
	Pear	1 medium-sized	5.5
	Avocado	Half medium-sized	5
	Apple	1 medium-sized	4.5
	Banana	1 medium-sized	3
	Orange	1 medium-sized	3
	Strawberries	1 cup	3

10 foods that are high in fiber

1. **Chia seeds (34.4 grams of fiber per 100 grams):** Chia seeds are very economical; just a tablespoon can go a long way. In addition to being extremely high in fiber and [omega-3 fatty acids](#), they provide a decent protein punch. They go well in smoothies, salads, cereal, yogurt, pudding, and oatmeal. The jelly-like texture is very popular and liked by many. If you are not a fan of their texture, try adding them to a smoothie or yogurt shortly before you consume it, so that they do not absorb much water.
2. **Almonds (10.8 grams of fiber per 100 grams):** Healthy [fats](#), protein, [vitamin E](#), manganese, and magnesium are the important [vitamins](#) and [minerals](#) present in almonds.
3. **Raspberries (8 grams of fiber per cup):** Even though all berries are healthy, blackberries and raspberries have the greatest fiber. Fresh berries might be pricey, but frozen varieties are sometimes less expensive. If you do not like their mushy texture, make a smoothie with thawed berries or stir them into your porridge. You can simmer them down and use them in place of syrup over waffles.
4. **Lentils and split peas (8.16 grams of fiber per 240 grams):** Are used similarly and have similar nutrient profiles. Split peas and lentils are nutritional powerhouses. They are excellent in soups and cook rapidly. To increase the plant-powered healthiness of your chili, try replacing some of the meat with lentils.
5. **Barley (6.29 grams of fiber per 170 grams):** Try mixing it with your favorite meat and vegetables in a grain bowl or add it to soups.
6. **Whole-wheat pasta (5.46 grams of fiber per 140 grams):** Although whole grains are an excellent source of fiber and are high in beneficial phytonutrients (believed to help prevent various diseases), carbohydrates sometimes get a poor name. Choose whole-wheat pasta instead of white.
7. **Apple (5.08 grams of fiber per 242 grams):** A practical on-the-go snack because they do not need to be refrigerated. In addition to fiber, apples contain [vitamin C](#).
8. **Potato (5.4 grams of fiber per 100 grams):** Although baked potatoes have a bad reputation, they can be a nutritious alternative if they are not slathered with sour cream and butter. A plain baked potato is packed with [vitamins](#) B6 and C and potassium. To your mashed potatoes, add a little bit of butter (one teaspoon) and replace the sour cream with plain Greek yogurt for an added protein boost.
9. **Pears (4.34 grams of fiber per 140 grams):** An excellent source of fiber. Compared to many other fruits, they are notably high in soluble fiber, which slows [digestion](#) and decreases cholesterol.
10. **Brussels sprouts (3.8 grams of fiber per 100 grams):** Provides 124 percent of the daily required amount of vitamin C in one serving.

You can have brussels sprouts in the following ways:

- Roast or broil
- Shred them and stir-fry
- Add them raw to a salad
- Microwave-steam frozen brussels sprouts

What are the health benefits of fiber?

The health benefits of fiber are as follows:

- **Helps prevent or treat [constipation](#):** Fiber adds bulk to stools that stimulate the intestine. Additionally, it allows for the easy passage and expulsion of stools.
- **Helps reduce cholesterol:** Fiber can help reduce the absorption of cholesterol in the intestine and thus helps control blood cholesterol levels. A reduced blood cholesterol level [cuts](#) your risk of [hypertension](#) and [heart disease](#).
- **Keeps weight under check:** Some high-fiber foods such as fruits and vegetables are low in calories. High-fiber foods make you feel fuller for a long time. Thus, reducing your food intake.
- **Help keep blood [sugar](#) under control:** Your body takes more time to break down fiber. This helps prevent spikes in blood [sugar](#) levels, especially when there is a large gap in meals.
- **Lowers [cancer](#) risk:** Many studies have reported the anticancer properties of the fiber. A low-fiber [diet](#) is a known culprit in gut [cancer](#).

How much fiber should you eat daily and how can you increase your intake?

The American [Heart](#) Association Eating Plan advises consuming a range of food sources high in fiber. Total dietary fiber intake should be 25 to 30 grams a day from food and not from [supplements](#).

Currently, dietary fiber intakes among adults in the United States average about 15 grams a day, which is about half the recommended amount.

The Academy of [Nutrition](#) and Dietetics recommends consuming about:

- 14 grams of fiber for every 1,000 calories you consume daily, or
- 25 grams of fiber for women, and
- 38 grams for men.

Unfortunately, many Americans fall short of this requirement.

To reap maximum benefits from the consumption of fiber, it is important to increase the intake of fiber in your diet gradually and not all at once. A sudden increase in fiber intake can cause [bloating](#) and [cramps](#).

Here are a few tips to improve your fiber intake:

- Eat fruits such as apples and pears along with their peels.
- To boost the fiber content of soups and salads, consider adding nuts, green peas, and kidney beans to them.
- Substitute fruits for sugary desserts to finish your meal.
- Use fruits and veggies as a snacking option instead of processed foods.

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[References](#)

https://www.medicinenet.com/what_foods_are_highest_in_fiber/article.htm