

*High*  
**FIBER  
FOOD LIST**



## High-Fiber Foods List

This list offers a variety of options. But don't worry; at the end, we've included tips and ideas tailored specifically for days when your appetite is low.

### Beans and Legumes

These two foods are nutrient powerhouses, offering a great mix of fiber, protein, and carbs. I often recommend beans to my patients because they're not only easy to eat, but they also provide a wide range of nutrients in one food. Plus, they're incredibly versatile! You can buy them ready-to-eat in cans or prepare them from scratch.

Beans and legumes work great with a variety of foods and can be integrated into your diet in many ways. For easier digestion, remember to soak them overnight before cooking.

- Beans: navy, black, kidney, pinto, and cannellini beans
- Lima beans
- Peas: split peas, green peas, snow peas, and sugar snap peas
- Lentils: brown, green, red, yellow, and black lentils
- Chickpeas
- Chickpea pasta
- Mung beans
- Soybeans, including edamame and roasted soy nuts

## High Fiber Foods

Great ways to add beans and legumes to your diet include choosing chickpea pasta, spreading hummus on sandwiches, making black bean or lentil burgers, and trying Indian dishes like dal and curries, where lentils take center stage.

### **Whole Grains**

Whole grains are an excellent way to meet your daily fiber needs and can be easily worked into your everyday meals. Whole grain-products are widely available, making it simple to swap less-healthy refined options for them. You can now find whole-grain versions of many pantry staples like bread, pasta, rice, flour, and cereal.

There's no need to give up your favorite meals to get more healthy fiber into your diet. Just make a few smart swaps instead. Try using whole-wheat bread for your sandwich or opting for whole-wheat pasta at dinner. These small changes can add up to big benefits for your health.

The best way to find out how much fiber is in your favorite brand is by checking the nutrition label.

## High Fiber Foods

- Breads and crackers: whole wheat bread, spelt bread, crackers, tortillas, and tortilla chips
- Pasta: whole-wheat pasta
- Side dishes: brown rice, quinoa, farro, millet, barley, buckwheat, amaranth, and teff
- Breakfast grains: oats, whole-wheat cereal
- Baking and cooking staples: rye flour, whole wheat flour

## Fruits and Vegetables

Introducing high-fiber fruits and vegetables into your diet can seem intimidating at first, but with a few small tweaks, it can be surprisingly easy. Try drinking smoothies made with vegetables and whole fruit instead of juice, adding spinach to pasta sauces, or baking mild-tasting vegetables like zucchini into muffins or breads. Small changes like these can help you naturally boost your fiber intake and make it a consistent part of your daily meals.

If you tend to be on the go a lot, fruits and vegetables are a great way to get quick fiber in. Bring fruit and/or vegetables to snack on during your busy day, or add an avocado to your lunch bowl or sandwich.

Pair fruits and vegetables with a source of protein or fat for a more balanced snack, and enjoy them as a mini meal or snack, especially when your appetite is low. For example, apples with peanut or almond butter make a great snack that doesn't feel too heavy or too large.

# High Fiber Foods

## Vegetables:

- Cruciferous vegetables: broccoli, Brussels sprouts, cauliflower, cabbage, and kale
- Root vegetables: carrots, beets, turnips, parsnips, and rutabaga
- Tuber vegetables: sweet potatoes, white potatoes, and yams (keep in mind these vegetables provide carbohydrates in addition to fiber)
- Leafy greens: spinach, collard greens, Swiss chard, romaine lettuce, mustard greens
- Allium vegetables: onions, garlic, leeks, shallots, and scallions
- Other vegetables: zucchini, cucumber, pumpkin, squash (butternut, acorn, spaghetti), artichokes, eggplant, okra, bell peppers, celery, and green beans.

## Fruits

- Berries (especially rich in fiber): raspberries, blackberries, strawberries and blueberries
- Pome fruits: pears and apples
- Citrus fruits: oranges, grapefruits, tangerines, clementines and mandarins
- Stone fruits: plums, apricots, peaches, nectarines
- Tropical fruits: avocados, guava, mango, papaya, passion fruit, banana, coconut
- Other fruits: figs, dates, prunes, pomegranate seeds, kiwifruit and persimmons

# High Fiber Foods

## Nuts and Seeds

Dense in nutrients, it's no surprise that nuts and seeds supply a good amount of fiber. Conveniently, they are found anywhere from grocery stores to gas stations, and can be added to just about any dish.

My favorite way to add more nuts and seeds to a diet is to pair them with some fruit for a sweet and crunchy snack.

- Nuts: almonds, pistachios, hazelnuts, walnuts, pecans, cashews, Brazil nuts, macadamia nuts, pine nuts
- Seeds: chia seeds, flax seeds, pumpkin seeds (pepitas), sunflower seeds, sesame seeds, hemp seeds, poppy seeds