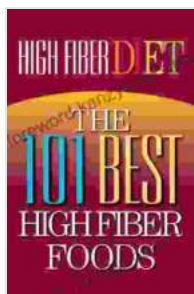


Unlock the Power of Fiber: Discover the 101 Essential High-Fiber Foods for a Healthier You

In today's fast-paced world, our bodies crave nourishment that supports our overall well-being. Fiber, an essential nutrient often overlooked, plays a pivotal role in maintaining a healthy digestive system, managing weight, and reducing the risk of chronic diseases. Dive into our comprehensive guide, "High Fiber Diet: The 101 Best High-Fiber Foods," and unlock the transformative power of incorporating fiber-rich ingredients into your daily diet.



High Fiber Diet: The 101 Best High Fiber Foods

by Health Research Staff

★★★★☆ 4.2 out of 5

Language : English

File size : 179 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 45 pages

Lending : Enabled

Screen Reader : Supported



Chapter 1: The Essential Guide to Fiber

Embark on a journey into the realm of fiber, understanding its types, functions, and the recommended daily intake. Explore the differences between soluble and insoluble fiber, their unique contributions to digestive health, and how to ensure you're meeting your body's fiber needs.

Chapter 2: Unlocking the Benefits of Fiber

Discover the myriad benefits of consuming a high-fiber diet. From improved digestion and weight management to reduced risk of heart disease, diabetes, and certain types of cancer, fiber proves to be an indispensable ally in maintaining optimal health.

Chapter 3: The 101 Best High-Fiber Foods

Indulge in a culinary adventure as we unveil the 101 best high-fiber foods. Explore a diverse range of fruits, vegetables, legumes, whole grains, and more, each packed with fiber and boasting unique nutritional value. Discover the hidden gems of the plant kingdom that will transform your meals into fiber-rich feasts.

Fruits

HIGH-FIBER FOODS



SPLIT PEAS

1 cup cooked = 16g



LENTILS

1 cup cooked = 15g



AVOCADO

1 medium = 13g



ARTICHOKE

1 cup = 22mg



PEAS

1 cup cooked = 9g



BLACKBERRIES

1 cup = 8.5g



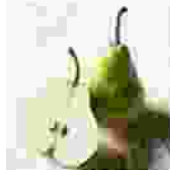
RASPBERRIES

1 cup = 8g



COCONUT

1 cup = 7g



PEAR

1 medium = 6.5g



BROCCOLI

1 cup cooked = 5g



BRUSSELS SPROUTS

1 cup cooked = 4g



OATS

1 cup cooked = 4g

Recipes and Health Tips at [the blender girl](http://www.theblendergirl.com)



Banana Nutrition



33 BEST HIGH-FIBER FOODS

 Lentils 15.6g/Cup 2.5g/100g	 Whole Grain Pasta 6.3g/Cup 8g/100g	 Edamame 8g/Cup 5g/100g
 Pears 5.5g/Pear 3.7g/100g	 Oats 16.5g/Cup 10.5g/100g	 Broccoli 2.4g/Cup 2.6g/100g
 Avocados 10g/Cup 6.7g/100g	 Quinoa 1.6g/Cup 2.8g/100g	 Lima Beans 13g/Cup 7g/100g
 Coconuts 7g/Cup 9g/100g	 Popcorn 1.2g/Cup 14.5g/100g	 Flaxseeds 2.8g/1Tsp 27g/100g
 Artichoke 6.9g/Artichoke 5.4g/100g	 Dark Chocolate 3.1g/Ounce 10.9g/100g	 Carrots 3.4g/Cup 2.8g/100g
 Raspberries 8g/Cup 5.8g/100g	 Banana 3.3g/Banana 2.6g/100g	 Pearled Barley 3.8g/Cup 6g/100g
 Edamame 8g/Cup 5g/100g	 Kidney Beans 11.3g/Cup 5.4g/100g	 Millet 17g/Cup 8.5g/100g
 Split Peas 16.3g/Cup 8.3g/100g	 Strawberries 3g/Cup 2g/100g	 Chia Seeds 10g/Ounce 34g/100g
 Brussels Sprouts 3.3g/Cup 8.3g/100g	 Black Beans 15g/Cup 8.9g/100g	 Figs 1.6g/Fig 2.9g/100g
 Almonds 11g/Cup 12.5g/100g	 Sweet Potatoes 3.8g/Medium size 2.5g/100g	 Kale 2.5g/Cup 2g/100g
 Beets 3.8g/Cup 2.8g/100g	 Apples 4.4g/Apple 2.4g/100g	 Chickpeas 12.5g/Cup 7.6g/100g

Vegetables

33 BEST HIGH-FIBER FOODS



Lentils
15.6g/Cup 2.5g/100g



Whole Grain Pasta
6.3g/Cup 8g/100g



Edamame
8.2g/Cup 3.2g/100g



Pears
5.5g/Pear 3.7g/100g



Oats
16.5g/Cup 10.5g/100g



Broccoli
2.4g/Cup 2.6g/100g



Avocados
10g/Cup 6.7g/100g



Quinoa
1.6g/Cup 2.8g/100g



Lima Beans
13g/Cup 7g/100g



Coconuts
7g/Cup 5g/100g



Popcorn
1.2g/Cup 14.5g/100g



Flaxseeds
2.8g/1Tsp 27g/100g



Artichoke
6.9g/Artichoke 5.4g/100g



Dark Chocolate
3.1g/Ounce 10.9g/100g



Carrots
3.4g/Cup 2.5g/100g



Raspberries
8g/Cup 5.8g/100g



Banana
3.3g/Banana 2.6g/100g



Pearled Barley
3.8g/Cup 6g/100g



Edamame
8g/Cup 5g/100g



Kidney Beans
11.3g/Cup 5.4g/100g



Millet
17g/Cup 8.5g/100g



Split Peas
16.3g/Cup 8.3g/100g



Strawberries
3g/Cup 2g/100g



Chia Seeds
10g/Ounce 34g/100g



Brussels Sprouts
3.3g/Cup 8.3g/100g



Black Beans
15g/Cup 8.9g/100g



Figs
1.6g/Fig 2.9g/100g



Almonds
11g/Cup 12.5g/100g



Sweet Potatoes
3.8g/Medium size 2.5g/100g



Kale
12.5g/Cup 2g/100g



Beets
3.8g/Cup 2.8g/100g



Apples
4.4g/Apple 2.4g/100g



Chickpeas
12.5g/Cup 7.6g/100g

33 BEST HIGH-FIBER FOODS



Lentils
15.6g/Cup 2.5g/100g



Whole Grain Pasta
6.3g/Cup 8g/100g



Edamame
8.2g/Cup 3.2g/100g



Pears
5.5g/Pear 3.7g/100g



Oats
16.5g/Cup 10.5g/100g



Broccoli
2.4g/Cup 2.6g/100g



Avocados
10g/Cup 6.7g/100g



Quinoa
1.6g/Cup 2.8g/100g



Lima Beans
13g/Cup 7g/100g



Coconuts
7g/Cup 5g/100g



Popcorn
1.2g/Cup 14.5g/100g



Flaxseeds
2.8g/1Tsp 27g/100g



Artichoke
6.9g/Artichoke 5.4g/100g



Dark Chocolate
31g/Ounce 10.9g/100g



Carrots
3.4g/Cup 2.5g/100g



Raspberries
8g/Cup 5.8g/100g



Banana
33g/Banana 2.6g/100g



Pearled Barley
3.8g/Cup 6g/100g



Edamame
8g/Cup 5g/100g



Kidney Beans
11.3g/Cup 5.4g/100g



Millet
17g/Cup 8.5g/100g



Split Peas
16.3g/Cup 8.3g/100g



Strawberries
3g/Cup 2g/100g



Chia Seeds
10g/Ounce 34g/100g



Brussels Sprouts
3.3g/Cup 8.3g/100g



Black Beans
15g/Cup 8.9g/100g



Figs
1.6g/Fig 2.9g/100g



Almonds
11g/Cup 12.5g/100g



Sweet Potatoes
3.8g/Medium size 2.5g/100g



Kale
12.5g/Cup 2g/100g



Beets
3.8g/Cup 2.8g/100g



Apples
4.4g/Apple 2.4g/100g



Chickpeas
12.5g/Cup 7.6g/100g



■
Legumes

HIGHEST FIBER BEANS

for weight loss

PER 1 CUP COOKED
SERVING

1



WHITE BEANS
19G FIBER

2



NAVY BEANS
19G FIBER

3



ADZUKI BEANS
17G FIBER

4



LENTILS
16G FIBER

6



BLACK BEANS
15G FIBER

5



KIDNEY BEANS
16G FIBER

7



MUNG BEANS
15G FIBER

8



PINTO BEANS
15G FIBER

9



LIMA BEANS
14G FIBER

10



GARBANZO BEANS
12G FIBER

33 BEST HIGH-FIBER FOODS



Lentils
15.6g/Cup 2.5g/100g



Whole Grain Pasta
6.3g/Cup 8g/100g



Edamame
8.2g/Cup 3.2g/100g



Pears
5.5g/Pear 3.7g/100g



Oats
16.5g/Cup 10.5g/100g



Broccoli
2.4g/Cup 2.6g/100g



Avocados
10g/Cup 6.7g/100g



Quinoa
1.6g/Cup 2.8g/100g



Lima Beans
13g/Cup 7g/100g



Coconuts
7g/Cup 5g/100g



Popcorn
1.2g/Cup 14.5g/100g



Flaxseeds
2.8g/1Tbsp 27g/100g



Artichoke
6.9g/Artichoke 5.4g/100g



Dark Chocolate
31g/Ounce 10.9g/100g



Carrots
3.4g/Cup 2.5g/100g



Raspberries
8g/Cup 5.8g/100g



Banana
33g/Banana 2.6g/100g



Pearled Barley
3.8g/Cup 6g/100g



Edamame
8g/Cup 5g/100g



Kidney Beans
11.3g/Cup 5.4g/100g



Millet
17g/Cup 8.5g/100g



Split Peas
16.3g/Cup 8.3g/100g



Strawberries
3g/Cup 2g/100g



Chia Seeds
10g/Ounce 34g/100g



Brussels Sprouts
3.3g/Cup 8.3g/100g



Black Beans
15g/Cup 8.9g/100g



Figs
1.6g/Fig 2.9g/100g



Almonds
11g/Cup 12.5g/100g



Sweet Potatoes
3.8g/Medium size 2.5g/100g



Kale
12.5g/Cup 2g/100g



Beets
3.8g/Cup 2.8g/100g



Apples
4.4g/Apple 2.4g/100g



Chickpeas
12.5g/Cup 7.6g/100g

33 BEST HIGH-FIBER FOODS



Lentils
15.6g/Cup 2.5g/100g



Whole Grain Pasta
6.3g/Cup 8g/100g



Edamame
8.2g/Cup 3.2g/100g



Pears
5.5g/Pear 3.7g/100g



Oats
16.5g/Cup 10.5g/100g



Broccoli
2.4g/Cup 2.6g/100g



Avocados
10g/Cup 6.7g/100g



Quinoa
1.6g/Cup 2.8g/100g



Lima Beans
13g/Cup 7g/100g



Coconuts
7g/Cup 5g/100g



Popcorn
1.2g/Cup 14.5g/100g



Flaxseeds
2.8g/1Tsp 27g/100g



Artichoke
6.9g/Artichoke 5.4g/100g



Dark Chocolate
31g/Ounce 10.9g/100g



Carrots
3.4g/Cup 2.5g/100g



Raspberries
8g/Cup 5.8g/100g



Banana
33g/Banana 2.6g/100g



Pearled Barley
3.8g/Cup 6g/100g



Edamame
8g/Cup 5g/100g



Kiwi Fruit
11.3g/Cup 5.4g/100g



Millet
17g/Cup 8.5g/100g



Split Peas
16.3g/Cup 8.3g/100g



Strawberries
3g/Cup 2g/100g



Chia Seeds
10g/Ounce 34g/100g



Brussels Sprouts
3.3g/Cup 8.3g/100g



Black Beans
15g/Cup 8.9g/100g



Figs
1.6g/Fig 2.9g/100g



Almonds
11g/Cup 12.5g/100g



Sweet Potatoes
3.8g/Medium size 2.5g/100g



Kale
12.5g/Cup 2g/100g



Beets
3.8g/Cup 2.8g/100g



Apples
4.4g/Apple 2.4g/100g



Chickpeas
12.5g/Cup 7.6g/100g

Whole Grains



Health Benefits of Brown Rice

- ▶ Aids in Weight Loss
- ▶ Prevents Diabetes
- ▶ Prevents Gallstones
- ▶ Treats Digestive Disorders

33 BEST HIGH-FIBER FOODS



Lentils
15.6g/Cup 2.5g/100g



Whole Grain Pasta
6.3g/Cup 8g/100g



Edamame
8.2g/Cup 3.2g/100g



Pears
5.5g/Pear 3.7g/100g



Oats
16.5g/Cup 10.5g/100g



Broccoli
2.4g/Cup 2.6g/100g



Avocados
10g/Cup 6.7g/100g



Quinoa
1.6g/Cup 2.8g/100g



Lima Beans
13g/Cup 7g/100g



Coconuts
7g/Cup 5g/100g



Popcorn
1.2g/Cup 14.5g/100g



Flaxseeds
2.8g/1Tsp 27g/100g



Artichoke
6.9g/Artichoke 5.4g/100g



Dark Chocolate
3.1g/Ounce 10.9g/100g



Carrots
3.4g/Cup 2.5g/100g



Raspberries
8g/Cup 5.8g/100g



Banana
3.3g/Banana 2.6g/100g



Pearled Barley
3.8g/Cup 6g/100g



Edamame
8g/Cup 5g/100g



Kidney Beans
11.3g/Cup 5.4g/100g



Millet
17g/Cup 8.5g/100g



Split Peas
16.3g/Cup 8.3g/100g



Strawberries
3g/Cup 2g/100g



Chia Seeds
10g/Ounce 34g/100g



Brussels Sprouts
3.3g/Cup 8.3g/100g



Black Beans
15g/Cup 8.9g/100g



Figs
1.6g/Fig 2.9g/100g



Almonds
11g/Cup 12.5g/100g



Sweet Potatoes
3.8g/Medium size 2.5g/100g



Kale
12.5g/Cup 2g/100g



Beets
3.8g/Cup 2.8g/100g



Apples
4.4g/Apple 2.4g/100g



Chickpeas
12.5g/Cup 7.6g/100g



Chapter 4: Meal Planning with Fiber

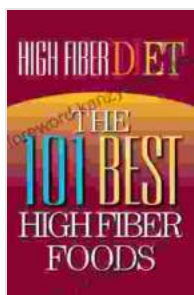
Transform your culinary creations into fiber-rich masterpieces. Discover practical tips and delicious recipes that incorporate high-fiber ingredients seamlessly. Learn how to create balanced and satisfying meals that nourish your body and tantalize your taste buds.

Chapter 5: The Fiber Revolution

Join the fiber revolution and experience the transformative power of a high-fiber diet. Embrace the joy of cooking and eating nutritious meals that support your well-being. Discover how incorporating fiber into your daily routine can empower you to live a healthier and more fulfilling life.

Don't wait any longer to unlock the power of fiber. Free Download your copy of "High Fiber Diet: The 101 Best High-Fiber Foods" today and embark on a journey toward optimal health and well-being.

Free Download Now



High Fiber Diet: The 101 Best High Fiber Foods

by Health Research Staff

★★★★☆ 4.2 out of 5

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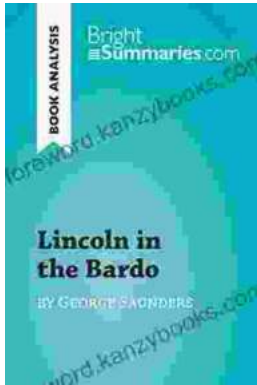
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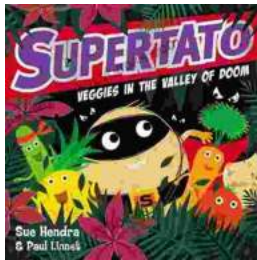
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