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Apr 8, 2024 · Fiber not only helps us stay regular, but it also supports a healthy gut microbiome, which is crucial for overall health. Studies show that getting enough fiber strengthens the immune system, ... Fiber Browse handouts about dietary fiber, with topics including fiber content of foods, types of fiber, and tips for increasing intake. Fiber-rich foods have a mix of different fiber types. Some fiber helps keep stool moving in the large intestine. Other types of fiber help a person feel full for longer. That can lower the overall calories ... Jan 4, 2026 · Eating 30 grams of fiber a day supports digestion, heart health and fullness. Learn fiber benefits and expert-backed tips to hit your daily fiber goal. Nov 14, 2025 · Fiber supports digestion and overall health. It helps prevent constipation and may lower the risk of heart disease, diabetes, and certain types of cancer. You can get fiber from whole foods. ... Dietary fiber has two main subtypes: soluble fiber and insoluble fiber which are components of plant-based foods such as legumes, whole grains, cereals, vegetables, fruits, nuts, and seeds. [1][3] A diet ... Apr 22, 2025 · Eating plenty of fiber has numerous health benefits. Here are 22 healthy high fiber foods that can help you lose weight and reduce your risk of disease. Fiber Fiber is a type of carbohydrate that the body can't digest. Though most carbohydrates are broken down into sugar molecules called glucose, fiber cannot be broken down into sugar molecules, and ... Mar 10, 2023 · Chia seeds, blackberries, kidney beans and lentils top the list of foods high in fiber. Learn how this carbohydrate keeps your digestive system moving smoothly and lowers your risk of some ... Fiber is a type of carbohydrate found mainly in fruits, vegetables, whole grains, and legumes. It helps you avoid constipation, but it offers many other health benefits, especially for people with diabetes or ...

**31 High-Fiber Foods You Should Eat**  
**Fiber • The Nutrition Source**  
**Fiber: The Carb That Helps You Manage**

**Diabetes | Diabetes | CDC**

**What Happens to Your Body When You Add Fiber to Your Diet**

**Fiber - Nutrition.gov**

[High Fiber Foods: Fruits, Vegetables, and More - Healthline](#)

[What is Fiber and Why is it Important for the Microbiome?](#)

*Chart of high-fiber foods - Mayo Clinic*

**What 30 Grams of Fiber a Day Does to Your Body - EatingWell**

**Dietary fiber - Wikipedia**

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