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Mar 10, 2023 · Chia seeds, blackberries, kidney beans and lentils top the list of foods high in fiber. Fiber keeps your digestion regular and lowers your risk of some cancers. Aug 21, 2024 · Fiber is the general name for certain carbohydrates -- usually parts of vegetables, plants, and grains -- that the body can't fully digest. While fiber isn't broken down and absorbed like... Feb 16, 2026 · Find out how to eat more fiber without overhauling your diet. Registered dietitians share smart ways, including using simple swaps and making small additions to the meals you already enjoy. 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 instead it ... May 1, 2026 · Eat more fiber with six easy expert tips for daily gut health and digestion. Learn simple ways to add fiber to your diet, including foods and habits to try. The recommended amount of fiber is 21-25 grams per day for women and 30-38 grams per day for men (at least 14 grams for every 1000 calories). Increase fiber in your diet slowly to avoid side effects. Apr 22, 2025 · What are the 10 best foods for fiber? Some top choices to add to the diet are chickpeas, lentils, split peas, oats, apples, pears, almonds, chia seeds, Brussels sprouts, and avocado. View information on how much fiber you need per day, why fiber is important, and examples of high fiber foods. Mar 25, 2026 · Get the facts on dietary fiber foods (soluble, insoluble), high-fiber foods, its health benefits (weight loss), and why it's important to get your daily intake of fiber. If the goal is to add more fiber to your diet, there are lots of great options. Fruits, vegetables, grains, beans, peas and lentils all help you reach that daily fiber goal.

## **Fiber Content of Foods - Veterans Affairs**

*Fiber for Heart, Cholesterol, and Digestive Health - WebMD*

[Chart of high-fiber foods - Mayo Clinic](#)

*Fiber Types, Benefits, Recommendations, Foods and Supplements*

**Gut Health Experts Share 6 Ways to Eat More Fiber - EatingWell**

*Fiber - Nutrition.gov*

**Fiber • The Nutrition Source**

**12 Ways to Eat More Fiber, According to Dietitians - Martha**

**Stewart**

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

*31 High-Fiber Foods You Should Eat*

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