

Sources of Fiber

What is fiber?

There are 2 types of fiber. **Soluble fiber** absorbs moisture, which thickens stool (poop). **Insoluble fiber** passes through your body undigested, helping your intestine move. Natural plant foods have both types.

The American Heart Association suggests eating 25–35 grams of fiber each day. It is best to get your fiber from natural foods instead of supplements or foods with added fiber powders.

Benefits of Fiber

- Helps you feel full for a longer time
- Lowers blood sugar
- May help or prevent constipation
- Supports healthy gut bacteria (microbiome)
- Lowers unhealthy LDL cholesterol
- Reduces the risk of heart disease and colon cancer



Eating high-fiber food is an easy and delicious way to support your health goals!

Tips To Increase Fiber:

Start Slowly

- **Work your way up:** Add no more than 5 grams to your diet each week.
- **Add small amounts of fiber throughout the day,** to comfortably reach your goal.

Support Your Health

- **Drink plenty of water each day!**
- **Listen to your body:** Some gastrointestinal conditions can make it challenging to eat high-fiber foods. Talk with your provider about foods that may work best for you.
- **Talk to your provider:** High-fiber foods can have high amounts of potassium, phosphorus, and sodium. Follow the guidance from your dietitian and medical team.

Put More Plants on Your Plate

- **Eat plenty of vegetables and fruits every day.** Fresh fruit is a delicious dessert choice! Avoid juices.
- **Choose brown or wild rice.** These have more fiber than white rice.
- **Add whole grains.** Add lentils and beans to soup. Add Grape-Nuts or chia seeds to yogurt and salad.

Shopping Tips

- **For cereal, bread, and crackers:** Choose items where the ingredient list starts with the word “whole.” Some items may have labels like *multigrain* or *21 grain* — but you must check the ingredients.
- **Look for foods with at least 3 grams of fiber per serving.** Choose cereal with 5 grams per serving.
- **Don’t eat too much fiber:** Avoid packaged foods with more than 7 grams of fiber per serving. Many Keto or Net Carb, Low Carb foods with excessive fiber may cause constipation.



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Food		Serving Size	Fiber
Cereal	Ezekiel Sprouted cereal, Original	½ cup	6g
	Ezekiel Golden Flax cereal	½ cup	6g
	Ezekiel Almond cereal	½ cup	6g
	Grape-Nuts (Post)	¼ cup	3.5g
Bread	Ezekiel Sprouted Grain Bread	1 slice	6g
	Sprouted Grain and Legume Bread (Simple Truth Organic)	1 slice	4g
	Mestemacher Sunflower Seed Bread with rye	1 slice	6g
	Dave's Killer Bread, Whole Grains	1 slice	5g
	Dave's Killer Bread, Thin-Sliced, Whole Grains	1 slice	3g
Oats	Oat bran	1/3 cup dry	6g
	Quaker Fiber and Protein Instant Oatmeal	1 packet	6g
	Steel-cut oats	¼ cup dry = 1 cup cooked	5g
	Old-fashioned oats	½ cup dry = 1 cup cooked	4g
	Rolled oats	½ cup dry = 1 cup cooked	3g
	Quaker Instant Oatmeal	1 packet	3g
Beans, Legumes, Lentils	Navy	½ cup cooked	9.6g
	Small white	½ cup cooked	9.3g
	Yellow	½ cup cooked	9.2g
	Adzuki	½ cup cooked	8.4g
	French beans	½ cup cooked	8.3g
	Split peas	½ cup cooked	8.2g
	Lentils	½ cup cooked	7.8g
	Lupini	½ cup cooked	7.8g
	Mung	½ cup cooked	7.7g
	Pinto	½ cup cooked	7.7g
	Cranberry (roman) beans	½ cup cooked	7.6g
	Black	½ cup cooked	7.5g
	Chickpeas (garbanzo)	½ cup cooked	6.3g
Pasta	The Only Bean (made from soy)	2 oz. = 1.5 cups cooked	10g
Rice	Wild	¼ cup dry = ¾ cup cooked	3.0g
	Brown	¼ cup dry = ¾ cup cooked	2-3g
Nuts and Seeds	Sunflower, chia, or flax seeds	1 Tbsp (1 oz)	3-4g
	Almonds, peanuts, or mixed nuts	¼ cup (1 oz)	3-4g
	Avocado	1/3 cup	3-4g
	Hummus	¼ cup	3-4g

Food		Serving Size	Fiber
Vegetables	Brussels sprouts	½ cup cooked	3.2g
	Sweet potato	½ cup cooked	3.2g
	Squash (winter type = orange/yellow)	½ cup cooked	3.2g
	Parsnips	½ cup cooked	3.1g
	Jicama	½ cup fresh	3.0g
	Collard greens	½ cup cooked	3.0g
	Cauliflower	½ cup cooked	2.0g
	Broccoli	½ cup cooked	2.6g
	Turnip greens	½ cup cooked	2.5g
	Carrots	½ cup cooked	2.4g
	Kale	½ cup cooked	2.3g
	Green Peas	½ cup cooked	2.2g
	Snow peas	½ cup cooked	2.2g
	Spinach	½ cup cooked	2.1g
	Beet greens	½ cup cooked	2.1g
	Red cabbage, cooked	½ cup cooked	2.0g
Fruit with edible skin and seeds	Pear	1 medium	5.5g
	Asian pear	1 medium	5.5g
	Guava	½ cup	4.4g
	Raspberries	½ cup	4.0g
	Blackberries	½ cup	4.0g
	Pomegranate seeds	½ cup	4.0 g
	Figs, dried	¼ cup	4.0g
	Apple with skin	1 small	3.6g
	Dates	¼ cup	3.0g
	Prunes or dried plums	¼ cup	2.8g
	Kiwi	1 fruit	2.7g
	Orange	1 medium	2.3g
	Grapefruit	½ fruit	2.0g
	Tangerine (Tangelo)	1 fruit	1.6g
	Banana	½ medium	1.5g
	Apricots, fresh	½ cup	1.5g
	Strawberries	½ cup	1.5g
	Mandarin orange, fresh	1 fruit	1.3g

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.