

High Fiber Foods

- Fiber is important for your body.
- It helps with **digestion**, keeps your stools regular, and can help with **heart and blood sugar health**.
- It can also help you feel **full longer**.
- Use this guide to learn how to add more fiber to your meals
- You can also talk with your dietitian about what works best for you.

If your potassium is high, it may help to eat fewer foods from the beans, nuts, and seeds groups, since these can be higher in potassium.

A good goal is to get more fiber from grains, fruits, and vegetables instead.

Nuts and Seeds	Food	Serving Size	Fiber (grams)
	Almond Butter	2 Tbsp	3
	Almonds	1/4 cup	4.5
	Chia Seeds	1 Tbsp	3
	Flaxseeds	1 Tbsp	3
	Macadamia Nuts	1/4 cup	2.5
	Peanut Butter	2 Tbsp	3
	Peanuts	1/4 cup	3
	Pecans	1/4 cup	2.5
	Pistachios	1/4 cup	3
	Pumpkin Seeds	1/4 cup	2
	Sunflower Seeds	2 Tbsp	2
	Walnuts	1/4 cup	2
Breads and Grains	Food	Serving Size	Fiber (grams)
	Bagel, whole wheat	½ bagel	3 – 4
	Barley (dry)	1/4 cup	8
	Bread, whole wheat	1 slice	2 – 3
	Buckwheat	1/4 cup	4
	Crackers, low sodium whole grain	8 crackers	1 – 2
	English Muffin, whole wheat	1 whole	3
	Grape-Nuts Flakes	3/4 cup	3
	Kix Cereal	1 ¼ cups	3
	Oats (dry)	1/2 cup	3
	Pasta, whole wheat	2 oz dry	4 – 5
	Pita Bread, whole wheat or whole grain	1 whole	3 – 5
	Popcorn (low salt)	3 cups	3.5
	Quinoa (dry)	1/4 cup	3
	Rice, brown (dry)	1/4 cup	2
	Rice, wild (dry)	1/4 cup	3

Fruit		Food	Serving Size	Fiber (grams)
		Apple	1 small	4
		Blackberries	1 cup	8
		Blueberries	1 cup	4
		Cherries	1 cup	3
		Figs (raw or dried)	2 small	3
		Grapefruit	1 fruit	4
		Peach	1 small	2
		Pear (Asian)	1 small	4
		Pineapple (fresh)	1 cup	2
		Raspberries	1 cup	8
		Tangerine	1 small	2
Vegetables		Food	Serving Size	Fiber (grams)
		Asparagus (chopped)	1 cup	3
		Beets (canned)	1 cup	3
		Bell Pepper (sliced)	1 cup	2
		Broccoli (raw)	1 cup	2
		Cabbage (raw, sliced)	1 cup	2
		Carrots (frozen, sliced)	1 cup	4
		Cauliflower (raw)	1 cup	2
		Celery (chopped)	1 cup	2
		Corn (canned or frozen)	1 cup	4
		Eggplant (chopped)	1 cup	2.5
		Green Beans (canned)	1 cup	3
		Kale (cooked)	1 cup	6
		Jicama (raw)	1 cup	6
		Mushrooms (Shiitake)	1 cup	2.5
		Nopales (raw, sliced)	1 cup	2
		Okra (raw)	1 cup	3
		Spaghetti Squash	1 cup	2
Beans and Legumes		Food	Serving Size	Fiber (grams)
		Black Beans (cooked)	1/3 cup	4
		Blackeye Peas (cooked)	1/3 cup	2
		Chickpeas (cooked)	1/3 cup	3.5
		Edamame (shelled)	1/2 cup	3 – 5
		Green Peas	3/4 cup	4.5
		Kidney Beans (cooked)	1/3 cup	3.5
		Lentils (dry)	1/4 cup	5 – 7
		Lima Beans (cooked)	2/3 cup	5
		Navy Beans (cooked)	1/3 cup	4
		Pinto Beans (cooked)	1/3 cup	4.5

Types of Fiber:

Insoluble Fiber

- Helps move food through your body.
- It helps keep your stools soft and regular.

Soluble Fiber

- Fiber helps keep your gut healthy.
- It can help with cholesterol and blood sugar.
- It also makes stool softer, so it is easier to pass.

**Daily Fiber Goals: most people need about:
21-38 grams of fiber for good health**

Tips for Getting More Fiber:

- Add fiber slowly to help prevent gas and bloating.
- Drink enough water to help you stay regular.
- If you have a fluid limit, check with your doctor first.
- Try adding 1 to 2 servings of vegetables to lunch and dinner.
- Choose high-fiber snacks during the day.
- Try a smoothie with protein, healthy fat, and fruit.
- Try eating your vegetables first at meals.
- Try swapping some meat for beans or lentils.

Benefits of Getting Enough Fiber:

- Try to get fiber from foods like fruits, vegetables, and grains.
- These foods also give your body vitamins and other nutrients.
- If you are not getting enough fiber, a fiber supplement may help.



For general nutrition coaching, education, and referral support only; not for nutrition diagnosis or individualized therapeutic nutrition planning.