

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 ...

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.

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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.

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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.

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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.

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Fiber is found in plant-based foods, particularly beans, nuts, fruits, and vegetables. Fiber has many health benefits, including reducing risk of cardiovascular disease, type 2 diabetes, and ...

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