

High Fiber Foods List for Digestive Health

Printable food chart with standard portions, approximate fiber, and a simple 3-day meal plan

Most adults need about 22-34 grams of fiber each day. The FDA Daily Value is 28 grams for a 2,000-calorie diet. Add fiber slowly and drink enough fluids.

Food	Standard portion	Fiber (g)
High-fiber unsweetened cereal	1/2 cup	14.0
Navy beans, cooked	1/2 cup	9.6
Artichoke, cooked	1 cup	9.6
Guava	1 cup	8.9
Green peas, cooked	1 cup	8.8
Raspberries	1 cup	8.0
Lentils, cooked	1/2 cup	7.8
Black beans, cooked	1/2 cup	7.5
Brussels sprouts, cooked	1 cup	6.4
Chickpeas, cooked	1/2 cup	6.3
Sweet potato, cooked	1 cup	6.3
Shredded wheat cereal	1 cup	6.2
Popcorn	3 cups	5.8
Pear	1 medium	5.5
Broccoli, cooked	1 cup	5.2
Apple with skin	1 medium	4.8
Chia seeds	1 tablespoon	4.1
Whole-wheat roti or chapati	1 ounce	2.8
Baked potato with skin	1 medium	3.9
Orange	1 medium	3.7
Almonds	1 ounce	3.5
Banana	1 medium	3.2
Strawberries	1 cup	3.0
Flax seeds	1 tablespoon	2.8

Fiber values are approximate. The USDA notes that its listed standard portions are not always recommended serving sizes.

A Simple 3-Day Fiber Meal Plan

Use this as a flexible example. Adjust portions, calories, and foods to your needs.

Day 1 - About 30 grams

- Breakfast: bran flakes (3/4 cup) with one banana
- Lunch: lentil bowl with 1/2 cup cooked lentils and 1 cup cooked broccoli
- Snack: one medium apple with the skin
- Dinner: one medium baked potato with the skin, plus lean protein and vegetables

Day 2 - About 31 grams

- Breakfast: yogurt or oats topped with 1 tablespoon chia seeds and 1 cup raspberries
- Lunch: one whole-wheat roti with 1/2 cup chickpeas and vegetables
- Snack: one medium pear
- Dinner: 1 cup cooked green beans with fish, chicken, tofu, or another protein

Day 3 - About 31 grams

- Breakfast: 1 cup shredded wheat cereal with one orange
- Lunch: 1/2 cup black beans with 1 cup corn in a bowl, salad, or wrap
- Snack: 1 ounce almonds
- Dinner: 1 cup cooked sweet potato with vegetables and a protein choice

Increase Fiber Without Excess Gas

- Add about 2-3 grams of fiber per day rather than changing your whole diet at once.
- Drink water and other suitable fluids so fiber can work more effectively.
- Choose a mix of beans, fruit, vegetables, whole grains, nuts, and seeds.
- People with IBS may tolerate soluble fiber from oats, fruit, and beans better than a sudden large amount of coarse bran.
- Seek medical advice before a major fiber increase if you have severe digestive symptoms, a bowel narrowing or blockage, recent gastrointestinal surgery, gastroparesis, or a prescribed low-fiber diet.

Medical note: This guide provides general nutrition information. It does not replace care from a doctor or registered dietitian.

Sources: U.S. Department of Agriculture Food Sources of Fiber (August 2024); FDA Nutrition Facts Label guidance; National Institute of Diabetes and Digestive and Kidney Diseases guidance on constipation and IBS.