

TOP FIBER PICKS



Dark-colored Vegetables

Carrots, beets, and broccoli are fiber-rich. Collard greens and Swiss chard have 4 grams of fiber per cup. Artichokes are among the highest-fiber veggies, at 10 grams for a medium-sized one.

Berries

Choose high-fiber options berries, options like raspberries, blackberries, and blueberries. About 1 cup equals 8 grams of fiber.



Whole Grains

Some of the best whole grains for fiber include farro, quinoa, oats, and brown rice. A serving (about 1/2 cup) of cooked brown rice contains about 3 grams of fiber,



Beans

Navy and white beans are the most fiber-rich, but all beans are fiber-packed. Black, garbanzo, kidney, and lima, are all great options. About 1/2 cup is 7 grams of fiber.

