

JZ's Top 5 High Fiber Foods



Legumes

Legumes are fiber superstars, packed with both soluble and insoluble fiber. They're also an excellent source of plant-based protein.

How to enjoy them:

- Black beans: Add to tacos, salads, and rice bowls.
- Chickpeas: Roast for a crunchy snack, blend into hummus, or toss into salads.
- Lentils: Perfect for hearty soups, stews, and as a meat substitute in dishes like sloppy joes or chili.



Berries

Berries are a sweet and delicious way to get a big fiber boost. Their tiny seeds and pulp contribute to their high fiber content.

How to enjoy them:

- Raspberries & Blackberries: Top on yogurt, oatmeal, or blend into a smoothie.
- Strawberries & Blueberries: Enjoy as a snack on their own, or mix into a fruit salad.



Avocado

Avocado is a unique fruit that provides a significant amount of fiber along with healthy fats, making it very satisfying.

How to enjoy it:

- Sliced: Add to toast, sandwiches, or salads.
- Mashed: Make into guacamole or a creamy dressing.



Nuts and Seeds

A small handful of nuts or a sprinkle of seeds can add a powerful punch of fiber, healthy fats, and protein to any meal or snack.

How to enjoy them:

- Almonds & Pistachios: Great for snacking on the go.
- Chia seeds & Flax seeds: Sprinkle on oatmeal, mix into yogurt, or use to thicken smoothies.
- Pumpkin seeds & Sunflower seeds: Top on salads for extra crunch.



Whole Grains

Unlike refined grains, whole grains keep all parts of the grain intact, including the fibrous outer layer.

How to enjoy them:

- Oats: Start your day with a bowl of oatmeal.
- Barley & Quinoa: Use as a base for grain bowls, or add to soups and stews.
- Whole-wheat bread & pasta: Swap for their refined white counterparts.