

Get the facts on dietary fiber foods (soluble, insoluble), high-fiber foods, its health benefits (weight loss), and why it's important to get your daily intake of fiber.

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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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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.

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 ...

Fiber is the general name for certain carbohydrates -- usually parts of vegetables, plants, and grains -- that the body can't fully digest. While fiber isn't broken down and absorbed like...

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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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