Fiber is a type of carbohydrate found naturally in plant-based foods. Since it cannot be digested, it helps slow the rise in blood sugar following a meal. It also absorbs water as it travels through the digestive system making for easier bowel movements.

Grains, cereals, seeds, beans, vegetables and fruits are good sources of fiber. Dairy products and white bread have little or no fiber. If you are looking to add more fiber to your diet, consider some of these high-fiber foods.

Lentils– Lentils are colorful legumes packed with both fiber and protein. About 40 percent of the total carbohydrate in lentils is fiber so they do a great job to stabilize blood glucose levels.

Beans– Beans have a starch that's resistant to digestion. It enters the bloodstream slowly. Examples of high fiber beans are kidney beans, black beans, and white beans.

Artichokes– Artichokes are packed with fiber. The USDA says that one medium-sized artichoke has more than 10 grams of fiber.

Popcorn– Popcorn is cholesterol-free and it has almost no fat and very few calories. It's also a low-glycemic-index food, meaning that it's slowly digested and has a gradual impact on blood sugar levels.

Avocado– One cup of pureed avocado has more than 15 grams of fiber. It also is high in calories and fat so use in moderation.

Peas– One cup of raw green peas has more than 7 grams of fiber and is high in vitamins A, C and K.

Broccoli– A cup of chopped raw broccoli has about 2.4 grams of fiber and nearly the same amount of protein, says the USDA. It is also rich in vitamins C, K, and folate and the mineral potassium.

Berries– Berries are loaded with fiber, antioxidants, and other nutrients. Raspberries and blackberries top the list of high-fiber choices, with more than 7 grams of fiber per cup.

Pears– A large pear, green, red or brown, contains about 7 grams of fiber, along with vitamin C and potassium, according to the USDA.

Barley & Oatmeal– One cup of cooked barley contains 6 grams of fiber and one cup of cooked oatmeal contains about 4 grams, according to the USDA.

Updated 3/12/20

Disclaimer: This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

Recommended

How Foods Affect Glucose Levels

Understanding Carbs

Low Carb Snack Ideas

Sources

Effects of Dietary Fiber and Carbohydrate on Glucose and Lipoprotein Metabolism in Diabetic Patients, NCBI

Diabetes Superfoods, ADA