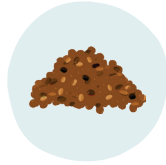


# Fiber-Rich Foods to Add to Your Diet

Adults need about 28 grams (g) daily, but most Americans consume only around 16 g. These foods can help you eat enough fiber to support your digestive health.



**Cooked split peas**  
16.4 g per cup



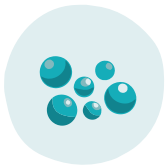
**Cooked lentils**  
15.6 g per cup



**Cooked black beans**  
15.4 g per cup



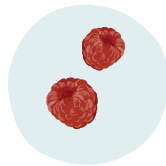
**Cooked lima beans**  
9.2 g per cup



**Cooked green peas**  
8.8 g per cup



**Medium pear with skin**  
5.6 g



**Raspberries**  
8 g per cup



**Medium apple with skin**  
4.8 g



**Oat bran**  
6 g per cup



**Bran flakes**  
5.5 g per 3/4 cup



**Cooked Brussels sprouts**  
6.4 g per cup



**Chia seeds**  
4.2 g per tablespoon

## Tips for Increasing Fiber Intake



Start slowly to allow your body to adjust and to avoid bloating.



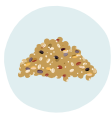
Add beans or lentils to soups and salads.



Choose whole fruits instead of juices.



Sprinkle seeds on cereal, yogurt, or smoothies.



Go for whole grains over refined options.



Drink plenty of water.