Free guide

Fiber-rich foods

LIVE BETTER. MAKE LIFE MATTER.

Examples of foods people often use when they want more fiber. This sheet does not set a gram target.

Safety

If you have a health condition, a recent surgery, an injury, or major limits on mobility, ask a qualified professional before you try these movements. This is general education. It is not treatment, it is not a diagnosis, it is not physical therapy, and it is not a personal exercise plan. Stop if a movement hurts, makes you dizzy, or feels unsafe. A smaller movement is enough. Add fiber slowly. Drink the fluids you are allowed to drink. If a clinician limited fiber or fluids, use that plan. This is not treatment.

These guides are not treatment.

Examples

Oats

Beans and lentils

Berries and pears

Broccoli and other vegetables you tolerate

Whole-grain bread, when that bread fits your eating

Nuts and seeds

A small start

Add one food you already know, not a new pile of fiber at one meal.

MedlinePlus explains fiber on its own page. Open that page rather

than treating this sheet as the full article.

lifeZoi also has a fiber lesson in Nutrition.

Open this guide in lifeZoi

https://www.lifezoi.com/academy/move/resources/guides/fiber-rich-foods

Sources linked, not copied

Fiber (MedlinePlus Medical Encyclopedia)

https://medlineplus.gov/ency/article/002470.htm

Fiber lesson (lifeZoi)

https://www.lifezoi.com/academy/meals/fiber

LifeZoi wrote this guide. It does not copy an outside video, class, or PDF.