



# High Fiber Diet: The 101 Best High Fiber Foods

*Health Research Staff*

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Eating a diet that's rich in fiber offers a number of benefits to be aware of.

First, high fiber diets tend to be superior for weight control because they help to fill you up quickly so you consume fewer calories. You also stay fully longer as your body takes a while to digest all the bulk from the fiber.

High fiber diets, especially those with soluble fiber, will help to promote a healthier heart as they can help bind with bile and improve the excretion of cholesterol from the body.

High fiber foods are also excellent for controlling or preventing diabetes as they'll help to keep the blood sugar levels more regulated so you don't experience highs and lows that cause a flood of insulin to come rushing into your system.

Those who are suffering from constipation are often recommended to include more fiber in their diet as a natural treatment method.

And these are not drab, tasteless foods. You'll be surprised by some of these selections that can liven up all your meals while providing massive health benefits.

This handy pocket guide gives you 101 of the best high fiber foods, including their overall health benefits and their specific fiber benefits.

Includes a shopping list that conveniently organizes them as you would find them while shopping.

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