High Fiber Snacks PDF: 44 Simple Picks, Free Printable

Free printable. Full guide and tips: https://betterlifecarez.com/high-fiber-snacks-pdf/

High Fiber Snacks PDF: 44 Snacks With Fiber Grams

Each snack lists a typical serving and approximate grams of dietary fiber. **Eat freely** means a whole-food pick that works most days in normal portions. Moderation means measure it, since it's calorie-dense, sugary, or gas-prone. Limit means it looks healthier than its fiber count suggests.

Fruits

Snack	Serving	Fiber (approx g)	Status	Note
Raspberries	1 cup	8	Eat freely	Top fruit for fiber
Blackberries	1 cup	8	Eat freely	Frozen works just as well
Pear, skin on	1 medium	5.5	Eat freely	Most fiber is near the skin
Apple, skin on	1 medium	4	Eat freely	Don't peel it
Kiwi	2 medium	4	Eat freely	Scoop with a spoon
Banana	1 medium	3	Eat freely	Pairs well with nut butter
Prunes	5 prunes	3	Moderation	May loosen stools quickly
Dried figs	1/4 cup	4	Moderation	Sweet and calorie-dense
Avocado	1/2 medium	5	Moderation	Filling, rich in healthy fats

Vegetables

Snack	Serving	Fiber (approx g)	Status	Note
Jicama sticks	1 cup	6	Eat freely	Crunchy, mild, low calorie
Edamame, shelled	1/2 cup	4	Eat freely	Brings protein too
Baby carrots	10 carrots	3	Eat freely	Easy hummus dipper
Red bell pepper strips	1 cup	3	Eat freely	Packed with vitamin C
Raw broccoli florets	1 cup	2	Eat freely	Good with yogurt dip
Baked sweet potato, skin on	1 small	3	Eat freely	Great as a leftover

Beans and Legumes

Snack	Serving	Fiber (approx g)	Status	Note
Lentil salad	1/2 cup cooked lentils	8	Eat freely	Batch-prep on Sunday
Black beans, rinsed	1/2 cup	7	Eat freely	Top with salsa
Roasted chickpeas	1/2 cup cooked, roasted	6	Eat freely	Crunchy chip swap
Hummus	1/4 cup	3	Eat freely	Check sodium on label

Nuts and Seeds

Snack	Serving	Fiber (approx g)	Status	Note
Almonds	1 oz (about 23)	3.5	Moderation	Measure; easy to overeat
Pistachios	1 oz (about 49)	3	Moderation	Shelling slows you down
Peanuts	1 oz	2	Moderation	Budget-friendly pick
Walnuts	1 oz (about 14 halves)	2	Moderation	Plant omega-3 fats
Peanut butter	2 tbsp	2	Moderation	Choose no added sugar
Chia seeds	1 tbsp	4	Moderation	Soak first; never eat dry
Ground flaxseed	1 tbsp	2	Eat freely	Stir into yogurt or oats
Pumpkin seeds, hulled	1 oz	2	Moderation	Good source of magnesium

Whole Grains

Snack	Serving	Fiber (approx g)	Status	Note
Air-popped popcorn	3 cups	3.5	Eat freely	Go easy on butter
Rolled oats	1/2 cup dry	4	Eat freely	Overnight oats work well
Bran cereal	Per label	5 to 10	Eat freely	Pick low added sugar
Whole wheat English muffin	1 muffin	4	Eat freely	Top with nut butter
Rye crispbread	2 slices	4	Eat freely	Brands vary; check label
Whole grain crackers	About 1 oz	3	Moderation	Whole grain listed first

Easy Combo Snacks

Snack	Serving	Fiber (approx g)	Status	Note
Apple with peanut butter	1 apple, 2 tbsp	6	Eat freely	Fiber plus protein
Greek yogurt, raspberries, chia	3/4 cup, 1/2 cup, 1 tbsp	8	Eat freely	Plain yogurt keeps sugar low
Overnight oats with chia	1/2 cup oats, 1 tbsp chia	8	Eat freely	Make three jars at once
Avocado on rye crispbread	1/2 avocado, 2 slices	9	Moderation	Filling mini meal
Hummus veggie plate	1/4 cup hummus, 1 cup veg	6	Eat freely	Mix carrots and peppers
Popcorn with pumpkin seeds	3 cups, 1/2 oz	4	Eat freely	Salty, crunchy, satisfying

Easy to Overrate

Snack	Serving	Fiber (approx g)	Status	Note
Fruit juice	1 cup	Under 1	Limit	Eat whole fruit instead
Veggie straws or chips	1 oz	About 1	Limit	Mostly potato starch
Plain rice cakes	2 cakes	About 1	Moderation	Add nut butter for fiber
Granola	1/4 cup	2	Moderation	Often high in added sugar
Fiber-added snack bars	1 bar	Per label	Moderation	Added chicory fiber may cause gas

Quick rules for using this list

- **Go slow:** add one fiber-rich snack a day, then build over a few weeks.
- **Drink up:** pair extra fiber with extra water.
- **Aim for 5 to 8 grams:** per snack is a realistic target.
- **Pair it:** fiber plus protein tends to keep you fuller.