

High Fiber Foods Chart

For Constipation, Bloating & Diarrhea

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How to use this chart: Choose foods by fiber *type*, not just fiber grams. Soluble fiber absorbs water and softens stool — best for constipation and diarrhea. Insoluble fiber adds bulk and speeds transit — best for constipation. Start with small amounts. Increase slowly. Drink at least 8 glasses of water daily.

Soluble
Insoluble
Mixed
Excellent tolerance
Good tolerance
Moderate tolerance

Complete Fiber Foods Reference

Food	Fiber / 100g	Fiber Type	Glycemic Load	Best For	Tolerance
Chia Seeds	34g	Soluble	Low	Constipation	Moderate
Lentils	8g	Mixed	Low	Constipation	Good
Rolled Oats	10g	Soluble	Low	Diarrhea / IBS	Excellent
Apple (with skin)	2.4g	Mixed	Med	Maintenance	Excellent
Psyllium Husk	71g	Soluble	Low	Both	Good
Flaxseeds	27g	Mixed	Low	Constipation	Good
Broccoli	3g	Insoluble	Low	Bloating (gentle)	Good
Carrots	2.8g	Insoluble	Med	Mild support	Excellent
Brown Rice	3.5g	Insoluble	Med	Stable digestion	Excellent
Almonds	12g	Mixed	Low	Snack fiber	Good
Prunes	7g	Soluble	Med	Strong relief	Moderate
Bananas (ripe)	2.6g	Mixed	Med	Diarrhea / loose	Excellent
Black Beans	8.7g	Mixed	Low	Constipation	Moderate

Food	Fiber / 100g	Fiber Type	Glycemic Load	Best For	Tolerance
Pears (with skin)	3.1g	Mixed	Low	Maintenance	Good
Sweet Potato	3g	Mixed	Med	Gentle constipation	Excellent

How to Use This Chart

- Start slow** Add one new high-fiber food per week. Jumping straight to 35g/day causes bloating and cramping in most people.
- Match fiber type to your symptom** Soluble fiber (oats, psyllium, chia) is gentler and better tolerated for IBS and loose stools. Insoluble fiber (bran, broccoli, brown rice) speeds transit — best for chronic constipation.
- Water is not optional** Fiber without water makes constipation worse. Aim for at least 8 glasses daily when increasing intake.
- Watch fermentable foods** Lentils, beans, and onions are high-FODMAP. They feed gut bacteria, which is good long-term but can cause short-term gas and bloating. Introduce them slowly.
- Cooking changes fiber behavior** Cooking softens cell walls and lowers the impact of insoluble fiber. Raw carrots and raw broccoli hit harder than cooked versions.
- Daily target** Most US adults get only 15g/day. The recommended intake is 25g (women) and 38g (men). Work toward that over 4–6 weeks, not overnight.

Quick Symptom Guide

Constipation	Diarrhea / Loose Stools	Bloating / Gas
Prunes · Chia Seeds · Psyllium Husk Flaxseeds · Lentils · Sweet Potato	Rolled Oats · Bananas (ripe) · Psyllium Apple (no skin) · White Rice	Carrots · Oats · Zucchini Avoid beans & raw brassicas initially

This chart is for informational purposes only and does not constitute medical advice. Individuals with IBS, Crohn's disease, or other gastrointestinal conditions should consult a registered dietitian or physician before making significant dietary changes. Fiber values are approximate per 100g of raw food weight.