THE ULTIMATE HIGH-FIBRE FOODS CHART

50 Foods Ranked by Fibre Content

NHS TARGET
30g fibre
per day

UK AVERAGE
18–20g
per day

FIBRE SUPPORTS
Digestion, fullness, gut health & more!



FREE PRINTABLE CHART!

TOP 20 HIGH-FIBRE FOODS

Ranked by fibre content per serving

1	Chia Seeds	10.3g
2	Navy Beans (cooked)	10.5g
3	Pinto Beans (cooked)	9.0g
4	Black Beans (cooked)	8.7g
5	Lentils (cooked)	7.9g
6	Chickpeas (cooked)	7.6g
7	Prunes (dried)	7.1g
8	Artichoke (cooked)	6.8g
9	Avocado	6.7g
10	Raspberries	6.5g
11	Green Peas (cooked)	6.3g
12	Pear (with skin)	5.5g
13	Oats (rolled)	5.1g
14	Wholegrain Rye Bread	5.0g
15	Pearled Barley (cooked)	4.6g
16	Apple (with skin)	4.4g
17	Flaxseed (ground)	4.0g
18	Brussel Sprouts (cooked)	3.8g
19	Almonds	3.7g
20	Broccoli (cooked)	3.0g

Values are approximate and based on edible portion per 100g. Sources: USDA FoodData Central.

DOWNLOAD THE FULL 50 FOOD CHART!

WHICH FOODS HELP YOU FEEL FULLER?

FULLNESS POWER LIST

1 Psyllium Husk



Best fibre supplement for fullness support

2 Glucomannan



Absorbs water and expands in the stomach

3 Chia Seeds



Forms a gel that slows stomach emptying

Oats



Beta-glucans help you feel full for longer

Lentils



High in fibre and protein for lasting satiety

THE SCIENCE

Soluble fibres absorb water and form a gel which slows stomach emptying and helps you feel fuller for longer.

BEST FOODS FOR REGULARITY



Nature's way to keep things moving!

These high-fibre foods add bulk to stool, soften it naturally and help support healthy, regular bowel movements.

THE GOAL:
Comfort, consistency & a happy gut!

TOP 10 FOODS TO SUPPORT REGULARITY

1



PRUNES
7.1g fibre

A natural laxative thanks to sorbitol & fibre.

2



LENTILS
7.9g fibre

Adds bulk and supports healthy bowel function.

3



WHOLEGRAIN RYE BREAD
5.0g fibre

Whole grains help keep things moving smoothly.

4



KIWI FRUIT
2.1g fibre

Contains actinidin enzyme which may aid regularity.

5



BRUSSELS SPROUTS
3.8g fibre

High fibre + sulfur compounds support digestive health.

6



PEARS
5.5g fibre

High in insoluble fibre which adds bulk and promotes movement.

7



GREEN PEAS
5.7g fibre

Helps maintain regularity and a healthy gut.

8



OATS
5.1g fibre

Soluble fibre forms a gel that supports smooth digestion.

9



CHIA SEEDS
10.3g fibre

Absorbs water and adds bulk to keep you regular.

10



FLAXSEED
4.0g fibre

Adds bulk and helps stool pass more easily.

EXTRA TIPS FOR A HAPPY, REGULAR YOU!



DRINK PLENTY
Fluids help fibre work its magic.



MOVE YOUR BODY
Physical activity keeps your gut motoring.



EAT PROBIOTIC FOODS
Yogurt, kefir & fermented foods support gut balance.



MANAGE STRESS
A calm mind can help your digestive system thrive.



BUILD HABITS GRADUALLY
Increase fibre slowly and listen to your body.

BE CONSISTENT

Small daily choices lead to big results.

Your gut will thank you!



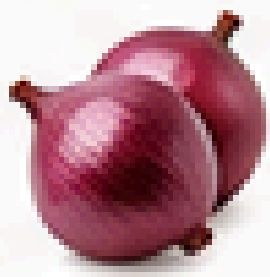
FEED YOUR GUT BUGS

Best high-fibre foods for gut health

PREBIOTIC FOODS
(Feed your good bacteria)



Garlic



Onion



Leeks

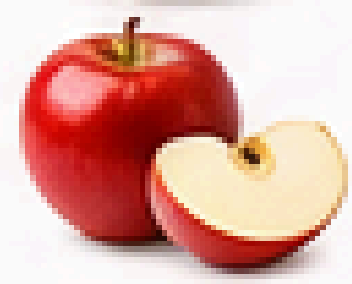


Asparagus

HIGH-FIBRE FOODS
(Support a healthy gut)



Oats



Apples



Lentils



Chickpeas

SCIENCE SNAPSHOT

These foods provide prebiotic and soluble fibres that help nourish beneficial gut bacteria, support diversity and promote a healthy gut.



THE WOMEN OVER 40
FIBRE DREAM TEAM

10 everyday foods to support your health, hormones, energy and digestion



Chia Seeds



Oats



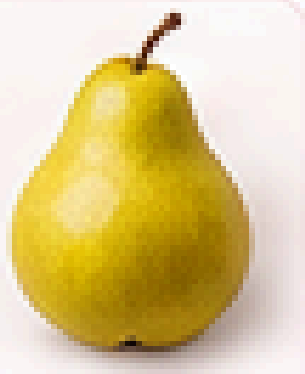
Lentils



Chickpeas



Raspberries



Pears



Avocado



Broccoli

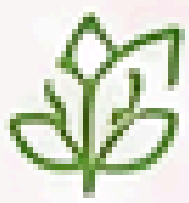


Flaxseed



Psyllium Husk

WHY THESE?



High in fibre



Good source of protein



Support gut health



Help you feel fuller for longer



Easy to include every day

WHAT 30g OF FIBRE LOOKS LIKE

A simple day of eating



BREAKFAST

- Oats
- Raspberries
- Chia Seeds

12g FIBRE



LUNCH

- Lentil Soup
- Wholegrain Rye Bread

8g FIBRE



DINNER

- Bean Chilli
- Vegetables

10g FIBBE

DAILY TOTAL **30g FIBRE**

FIBRE HALL OF FAME

The best of the best!

BEST WHOLE FOOD FIBRE
Chia Seeds

BEST FIBRE SUPPLEMENT
Psyllium Husk

BEST BUDGET FOOD
Oats

BEST FOR FULLNESS
Glucomannan

BEST FRUIT
Raspberries

BEST FOR GUT HEALTH
Garlic

BEST LEGUME
Lentils

BEST FOR WOMEN OVER 40
Chia + Oats + Psyllium

FIBRE IS YOUR FOUNDATION

Small changes every day = Big results for your digestion, hormones, energy and wellbeing.

HIGH-FIBRE SHOPPING LIST

PRODUCE

- [ ] Pears
- [ ] Apples
- [ ] Raspberries
- [ ] Blueberries
- [ ] Avocados
- [ ] Broccoli
- [ ] Brussels Sprouts
- [ ] Carrots
- [ ] Spinach
- [ ] Garlic
- [ ] Onion
- [ ] Leeks
- [ ] Asparagus

PANTRY

- [ ] Oats
- [ ] Lentils
- [ ] Chickpeas
- [ ] Black Beans
- [ ] Navy Beans
- [ ] Pinto Beans
- [ ] Green Peas
- [ ] Quinoa
- [ ] Brown Rice
- [ ] Wholegrain Rye Bread
- [ ] Chia Seeds
- [ ] Flaxseed

SUPPLEMENTS

- [ ] Psyllium Husk
- [ ] Glucomannan

Small steps today for a healthier tomorrow!



50 HIGH-FIBRE FOODS
RANKED BY FIBRE CONTENT





NHS TARGET
30g fibre per day

UK AVERAGE
18–20g per day

FIBRE SUPPORTS
Digestion, fullness, gut health & more

#	FOOD	FIBRE (g)	PROTEIN (g)
1	Chia Seeds	10.3	5.0
2	Navy Beans (cooked)	10.5	8.7
3	Pinto Beans (cooked)	9.0	8.0
4	Black Beans (cooked)	8.7	8.9
5	Green Peas (cooked)	8.3	5.4
6	Lentils (cooked)	7.9	9.0
7	Chickpeas (cooked)	7.6	8.9
8	Kidney Beans (cooked)	7.4	8.7
9	Split Peas (cooked)	7.1	8.4
10	Prunes (dried)	7.1	2.2
11	Avocado	6.7	2.0
12	Raspberries	6.5	1.2
13	Blackberries	5.3	1.4
14	Oats (rolled)	5.1	6.5
15	Wholegrain Rye Bread	5.0	7.6
16	Pear (with skin)	5.5	0.6
17	Pearled Barley (cooked)	4.6	2.3
18	Apple (with skin)	4.4	0.3
19	Flaxseed (ground)	4.0	2.6
20	Brussel Sprouts (cooked)	3.8	3.0
21	Almonds	3.7	21.0
22	Broccoli (cooked)	3.0	2.8
23	Carrots (cooked)	2.8	0.8
24	Quinoa (cooked)	2.8	4.4
25	Sweet Potato (baked)	2.7	1.6

#	FOOD	FIBRE (g)	PROTEIN (g)
26	Strawberries	2.6	0.7
27	Brown Rice (cooked)	2.4	2.6
28	Banana	2.3	1.1
29	Kiwi	2.1	1.1
30	Sunflower Seeds	2.1	20.8
31	Butternut Squash (cooked)	2.0	1.0
32	Cabbage (cooked)	2.0	1.3
33	Hemp Seeds	1.9	31.6
34	Popcorn (air-popped)	1.9	3.5
35	Peanuts	1.8	25.8
36	Cauliflower (cooked)	1.7	1.5
37	Orange	1.6	1.2
38	Wholegrain Pasta (cooked)	1.6	5.8
39	Buckwheat (cooked)	1.6	3.4
40	Muesli (high-fibre)	1.5	4.8
41	Grapes	1.4	0.6
42	Beetroot (cooked)	1.4	1.6
43	Red Lentils (cooked)	1.3	9.0
44	Linseed (whole)	1.3	18.3
45	Courgette (cooked)	1.1	1.2
46	Tomato	1.1	0.9
47	Celery	1.0	0.7
48	Cucumber	0.7	0.7
49	Iceberg Lettuce	0.5	0.9
50	White Potato (boiled)	0.4	2.0

Values are approximate and based on edible portion per 100g. Sources: USDA FoodData Central.

BEST FOR FULLNESS

1. Psyllium Husk*
2. Glucomannan*
3. Chia Seeds
4. Oats
5. Lentils

*See supplement guide next to this.

BEST FOR GUT HEALTH

- ✓ Garlic
- ✓ Onion
- ✓ Leeks
- ✓ Asparagus
- ✓ Apples
- ✓ Oats
- ✓ Lentils
- ✓ Chickpeas

WHAT 30g OF FIBRE LOOKS LIKE



BREAKFAST
Oats + Chia + Berries
≈ 12g



LUNCH
Lentil Soup
≈ 8g



DINNER
Bean Chilli
≈ 10g

TOTAL: ≈ 30g FIBRE

FIBRE SUPPLEMENTS COMPARISON

SUPPLEMENT	TYPICAL SERVING	FIBRE
Psyllium Husk	10g	~8g
Glucomannan	3g	~2.5–2.9g
Inulin	10g	~8–9g
Wheat Dextrin	10g	~8g

TIP: Increase fibre gradually and drink plenty of water.

FIBRE HALL OF FAME

- Best Overall Food — Chia Seeds
- Best Legume — Lentils
- Best Fruit — Raspberries
- Best Budget Food — Oats
- Best Gut Health Food — Garlic
- Best Fibre Supplement — Psyllium Husk
- Best for Fullness — Glucomannan

WHAT HAPPENS WHEN YOU START EATING MORE FIBRE?

Small change. Big difference.



Fibre is your secret weapon for better digestion, balanced hormones, steady energy and healthy weight management.

DAY 1 — THE FIRST CHANGES

Your body starts to adjust.

Better digestion begins
Fibre adds bulk and softness, helping things move more smoothly.

Feels fuller for longer
Fibre slows digestion, helping you feel satisfied and curb cravings.

Steadier blood sugar
Fibre helps prevent spikes and crashes, supporting mood & energy.

DAY 7 — NOTICEABLE IMPROVEMENTS

You start to feel the benefits.

More regular & comfortable bowel movements
Bloating reduces and your gut feels happier.

Less bloating
Fibre helps reduce water retention and supports a flatter tummy.

More energy & less fatigue
A healthy gut and stable blood sugar mean better energy.

DAY 30 — LONG-TERM BENEFITS

Your body thrives with consistency.

Hormone balance support
Fibre helps your body eliminate excess estrogen, supporting hormone balance.

Supports healthy weight management
You feel fuller, eat less processed foods & naturally make healthier choices.

Better gut health = stronger immune system
You feed good bacteria that support immunity, mood & overall wellbeing.

EASY WAYS TO ADD MORE FIBRE

- Add berries or sliced fruit to breakfast
- Include vegetables with every meal
- Choose wholegrains over refined grains
- Snack on nuts, seeds, or homemade snacks
- Add beans, lentils or chickpeas to meals
- Drink plenty of water – fibre needs it to work!

BEST SOURCES OF FIBRE



GOOD TO KNOW

- Aim for 25–30g of fibre each day.
- Increase fibre gradually to avoid bloating.
- Pair fibre with protein, healthy fats & water for best results.

FREE 5-DAY PLAN!

Want a simple plan to help you feel your best?

GET YOUR FREE 5-DAY MENOPAUSE WEIGHT LOSS PLAN!

Pretty Pea
SCIENCE-BACKED WELLNESS

SHOP SUPPLEMENTS

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REAL SUPPORT REAL RESULTS

FIBRE SUPPLEMENTS

SHOP NOW



Disclaimer

For personalised guidance consult with healthcare professionals. Please note that supplements are not intended to be used as substitute for a balanced diet and you should always consult your GP before taking supplements and/or changing your diet. If you are on medication it's important. to discuss your supplements with your GP as some ingredients may potentially interact with medications. The information provided in this guide is for education purposes only. I am not a doctor and this is not meant to be taken as medical advice. The information provided in this guide is based on my own experience as well as my own interpretations of current research available at the time. The advice and information are meant for healthy adults only. ALWAYS consult your doctor to ensure A program IS appropriate for your individual circumstances. If you have any health issues or pre- existing conditions you must consult your doctor prior to implementing the information provided in this GUIDE. This product is for informational purposes only and the author does not accept any responsibility for any liabilities or damages, real or perceived, resulting from the use of this information. All rights reserved. No part of this publication may be reproduced, transmitted, transcribed, stored in a retrieval system or translated into any language, in any form, without the permission and signature of the author.