

Fibre-Rich Foods Guide

20 Foods Across Grains, Legumes, Vegetables, Fruits & Seeds

Fibre supports digestion, gut health, and steadier blood sugar — but not all foods carry the same amount. This guide lists 20 fibre-rich foods across five food groups, colour-coded by category, with approximate fibre content per 100g and a quick note on why or how to include each one.

Colour Key

Grains & Millets	Legumes	Vegetables	Fruits	Nuts & Seeds
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The 20 Foods

Food	Group	Fibre / 100g	Why / How to Include It
1. Oats (Rolled, Dry)	Grains & Millets	10.6 g	One of the best-studied fibre sources; its beta-glucan also supports healthy cholesterol.
2. Barley (Dry)	Grains & Millets	17.3 g	Also rich in beta-glucan, similar to oats; works well in soups or as a rice substitute.
3. Ragi / Finger Millet (Flour)	Grains & Millets	11.5 g	A traditional millet that adds fibre and calcium; use in dosas, rotis, or porridge.
4. Brown Rice (Cooked)	Grains & Millets	1.8 g	Retains the fibre-rich bran layer that's stripped from white rice during polishing.
5. Chickpeas / Chana (Cooked)	Legumes	7.6 g	High in both fibre and plant protein; works well in curries or as roasted chana.
6. Rajma / Kidney Beans (Cooked)	Legumes	6.4 g	A filling, protein-and-fibre-rich addition to rice-based meals.
7. Moong Dal / Lentils (Cooked)	Legumes	7.9 g	An everyday staple that's already fibre-rich — no extra effort needed to include it.
8. Soya Chunks (Dry)	Legumes	13 g	Extremely fibre- and protein-dense; soak and cook into curries or stir-fries.
9. Broccoli (Cooked)	Vegetables	2.6 g	Also rich in antioxidants; steam lightly to preserve both fibre and nutrients.
10. Carrots (Raw)	Vegetables	2.8 g	A crunchy, easy way to add fibre raw, juiced, or cooked into poriyal.
11. Sweet Potato (With Skin, Cooked)	Vegetables	3.3 g	Keep the skin on when cooking — a meaningful share of the fibre sits there.
12. Drumstick / Moringa Pods (Cooked)	Vegetables	3.2 g	A traditional favourite in sambar, offering fibre alongside calcium and iron.
13. Guava	Fruits	5.4 g	One of the highest-fibre common fruits — a great everyday snack.

Food	Group	Fibre / 100g	Why / How to Include It
14. Pear (With Skin)	Fruits	3.1 g	Contains natural sorbitol along with fibre, supporting smoother digestion.
15. Apple (With Skin)	Fruits	2.4 g	Contains pectin, a soluble fibre linked to gut and cholesterol health.
16. Pomegranate	Fruits	4 g	Fibre-rich seeds along with a strong antioxidant profile.
17. Banana	Fruits	2.6 g	A portable, easy source of fibre — slightly unripe bananas offer even more resistant starch.
18. Chia Seeds	Nuts & Seeds	34 g	One of the most fibre-dense foods that exists; soak before eating for easier digestion.
19. Flax Seeds	Nuts & Seeds	27 g	Best consumed ground, since whole seeds often pass through undigested.
20. Almonds	Nuts & Seeds	12.5 g	A convenient snack-sized fibre source, best soaked overnight for easier digestion.

Daily target: Most adults benefit from roughly 25-30g of fibre a day. Spread intake across meals (a grain, a legume, a fruit or vegetable in each) rather than trying to get it all from one food, and increase fibre gradually alongside more water to avoid bloating.

Note: Fibre values are approximate averages and can vary by variety, ripeness, and how the food is cooked or processed. This guide is for general education, not medical or dietary prescription — consult a nutritionist for advice specific to your needs.