

Food Sources of Dietary Fiber

Dietary Fiber Guide

Supporting Gut Health, Hormones & Metabolic Balance

Dietary fiber is a type of carbohydrate that your body cannot digest, yet it plays a vital role in women's health, especially for those navigating PCOS, endometriosis, SIBO recovery, or fertility challenges. Including fiber in your diet is essential for:

- Hormone detoxification, particularly estrogen
- Promoting regular bowel movements and supporting a healthy microbiome
- Reducing inflammation and insulin resistance
- Supporting mood, energy, and satiety
- Improving fertility outcomes by modulating gut-immune interactions

Types of Fiber

Type	Function	Found In...
Soluble fiber	Forms a gel in the gut, lowers cholesterol, stabilizes blood sugar	Oats, apples, chia seeds, legumes
Insoluble fiber	Adds bulk to stool, speeds transit time	Whole grains, vegetables, flaxseed
Resistant starch	Feeds beneficial bacteria, improves insulin sensitivity	Green bananas, cooked/cooled potatoes, lentils

Best Food Sources of Dietary Fiber

Vegetables

- Artichokes (1 cup cooked = 9.6g)
- Green peas (1 cup cooked = 8.8g)
- Brussels sprouts (1 cup cooked = 6.4g)
- Sweet potatoes (1 medium = 4g)

- Broccoli, carrots, turnip greens, cauliflower

Fruits

- Raspberries (1 cup = 8g)
- Pears (1 medium = 5.5g)
- Apples with skin (1 medium = 4.5g)
- Bananas, oranges, strawberries (3g per serving)

Whole Grains

- Quinoa (1 cup cooked = 5g)
- Barley (1 cup cooked = 6g)
- Oats (1 cup cooked = 4g)
- Brown rice, buckwheat, millet
- Whole wheat bread (1 slice = 2g)

Legumes

- Lentils (1 cup cooked = 15.5g)
- Split peas (1 cup cooked = 16g)
- Black beans (1 cup cooked = 15g)
- Chickpeas, navy beans, kidney beans

Nuts & Seeds

- Chia seeds (1 oz = 10g)
- Flaxseeds (2 tbsp = 4g)
- Almonds, pistachios, sunflower seeds (3–4g per oz)

Tips for Hormone-Friendly Fiber Intake

- Aim for 25–35g of fiber daily
- Increase fiber gradually to prevent bloating
- Drink plenty of water to support healthy digestion
- Pair fiber with healthy fats and protein to help balance blood sugar
- Try seed cycling: use flax and pumpkin seeds in the follicular phase, and sesame and sunflower seeds in the luteal phase to support estrogen and progesterone

Sample Daily Fiber Plan (Approximately 30g)

Meal	Example	Fiber
Breakfast	Chia pudding + berries + almond butter	10g (or more)
Lunch	Quinoa salad + lentils + ground turkey + roasted veggies	12g
Snack	Apple + sunflower seeds	5g
Dinner	Salmon + sweet potato + Brussels sprouts	8g