

BALANCE PROTOCOL

25 Foods That Give You 10 Grams of Fiber

A practical reference for GLP-1 patients -- grocery store foods only, no specialty items required.

Why fiber is a clinical priority on GLP-1 therapy: GLP-1 therapy alters bile acid dynamics, slows gastric transit time, and disrupts the gut microbiome in ways that make dietary fiber not a general health recommendation but a specific clinical requirement. Adequate fiber supports three mechanisms that GLP-1 therapy directly stresses: bile acid binding and excretion, short-chain fatty acid production for intestinal barrier integrity, and endogenous GLP-1 and PYY secretion from intestinal L-cells -- which amplifies the very hormonal signal the medication is pharmacologically providing.

Critical pairing rule: Every high-fiber food on this list must be consumed with adequate water. Fiber without hydration creates a slow-moving compact stool mass that worsens constipation rather than resolving it. The 80 oz daily minimum hydration target from your Goals Worksheet applies directly here. Do not increase fiber intake without simultaneously increasing fluid intake.

BEANS AND LEGUMES -- NUMBERS 1 THROUGH 9 (THE HIGHEST-YIELD FIBER CATEGORY)

#	Food	Serving Size	Approx. Fiber	Notes and Tips
1	Navy beans, cooked (or canned, rinsed)	3/4 cup	~14g	The highest-fiber common bean. Mild flavor, works in soups, stews, and salads.
2	Lentils, any color, cooked	3/4 cup	~11g	Plus 14g protein per serving. The most efficient dual-purpose food in this list.
3	Black beans, cooked (or canned, rinsed)	3/4 cup	~11g	Resistant starch plus soluble fiber. Add to salads, bowls, eggs, or scrambles.
4	Chickpeas / garbanzo beans, cooked	1 cup	~12g	Roast with olive oil and spice for a high-fiber crunchy snack or salad topper.
5	Split peas, cooked	3/4 cup	~12g	Soup base or side dish. Very high fiber, extremely low cost.
6	Kidney beans, cooked (or canned, rinsed)	1 cup	~11g	Classic chili bean. Also excellent in rice dishes and grain bowls.
7	Pinto beans, cooked (or canned, rinsed)	3/4 cup	~11g	Widely available. The standard refried bean base -- choose unsalted or low sodium.
8	Edamame, shelled (fresh or frozen)	1.5 cups cooked	~11g	Fiber plus 25g protein. The most complete legume for GLP-1 patient nutrition.
9	Black-eyed peas, cooked	1 cup	~11g	Southern staple, widely available canned. Mild flavor, easily added to any bowl.

SEEDS AND FIBER SUPPLEMENTS -- NUMBERS 10 THROUGH 12

#	Food	Serving Size	Approx. Fiber	Notes and Tips
10	Chia seeds	2 tablespoons	~10g	Mucilaginous gel fiber that slows gastric emptying and stimulates L-cell GLP-1 secretion.
11	Ground flaxseed (flax meal)	4 tablespoons	~11g	Must be ground for full benefit. Refrigerate after opening. Add to oats, yogurt, or smoothies.
12	Psyllium husk powder	2 tablespoons in water	~10g	Strongest bile acid binding of any common fiber. Take with at least 8 oz water. Always.

FRUITS -- NUMBERS 13 THROUGH 17

#	Food	Serving Size	Approx. Fiber	Notes and Tips
13	Raspberries (fresh or frozen)	1.5 cups	~12g	Highest fiber of any common berry. Frozen works identically to fresh for fiber content.
14	Blackberries (fresh or frozen)	1.5 cups	~11g	High soluble fiber plus outstanding antioxidant profile. Pair with Greek yogurt.
15	Avocado	1 whole medium	~10g	Soluble fiber plus monounsaturated fat. One whole avocado = 10g fiber on the nose.
16	Pears (with skin)	2 medium	~11g	Pectin-rich soluble fiber. Always eat the skin -- that is where the fiber lives.
17	Guava (fresh)	1 cup sliced	~9g	Widely available in Latin grocery stores and many mainstream chains. Very high fiber.

VEGETABLES -- NUMBERS 18 THROUGH 22

#	Food	Serving Size	Approx. Fiber	Notes and Tips
18	Artichoke, cooked	1 medium	~10g	The highest-fiber cooked vegetable. One whole artichoke = 10g fiber. Canned counts.
19	Green peas (frozen, cooked)	1.5 cups	~13g	Peas are dramatically underrated for fiber. Available frozen year-round, low cost.
20	Broccoli, cooked	2 cups	~10g	Sulforaphane plus fiber plus liver detox support. Steam, roast, or stir-fry.
21	Acorn squash, cooked	2 cups cubed	~12g	Seasonal and widely available. Roast with olive oil. Naturally sweet, no added sugar needed.
22	Sweet potato, baked with skin	1 large (8 oz)	~7g	Include the skin -- it doubles the fiber. Two medium sweet potatoes = ~10g.

GRAINS AND NUTS -- NUMBERS 23 THROUGH 25

#	Food	Serving Size	Approx. Fiber	Notes and Tips
2 3	Wheat bran, raw (unprocessed)	1/3 cup dry	~10g	The whole, unprocessed outer layer of the wheat kernel. Find it loose in the baking or bulk aisle. Stir into oatmeal, yogurt, or a smoothie. No additives, no added sugar.
2 4	Oat bran, dry	2/3 cup	~10g	Not the same as rolled oats. Oat bran = concentrated beta-glucan fiber. Stir into yogurt.
2 5	Almonds	3 oz (about 60 almonds)	~10g	The highest-fiber common nut. Also 18g protein per 3 oz. Watch calorie density.

FIBER STRATEGY ON GLP-1 THERAPY

Beans and legumes are the most efficient fiber source. No other food category delivers more fiber per calorie with less preparation. A half cup of canned beans, rinsed and added to a salad, bowl, or scrambled eggs, adds 8 to 12 grams of fiber with minimal impact on total calories. If you are struggling to reach your fiber target, start here.

Chia seeds are your most strategic single ingredient. Two tablespoons in any liquid -- yogurt, oatmeal, water, a smoothie -- provides 10 grams of fiber, stimulates L-cell GLP-1 secretion, slows gastric emptying in synergy with your medication, and forms a gel matrix that physically binds mobilized lipophilic compounds during rapid weight loss. No other two-tablespoon ingredient does this much clinical work.

Psyllium husk has a non-negotiable hydration requirement. Psyllium must always be taken with at least 8 to 10 oz of water. In the esophagus or stomach without adequate fluid, psyllium can form an obstruction. This is not a theoretical risk. Take it in a full glass of water, stir immediately, and drink all of it without delay.