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## How many carbs in 1 small banana

Meal plans designed for resultsWith our personalized meal plans, we do the planning for you. All you have to focus on is cooking, eating, and enjoying healthy, delicious food.Get my meal planLearn more You've probably heard about the impressive health benefits of fiber. Weight loss. Feeling full. Even better blood sugar control. Although it isn't universal, for many, these benefits are real. Unfortunately, many foods that are high in fiber are also high in carbs. How can you boost your fiber intake while staying keto or low carb? In this guide, we'll share the best low-carb, high-fiber foods. Meal plans designed for resultsWith our personalized meal plans, we do the planning for you. All you have to focus on is cooking, eating, and enjoying healthy, delicious food.Get my meal planLearn more What is fiber, and why can it be beneficial? Dietary fiber is the portion of plant foods sometimes referred to as "roughage." Unlike other carbohydrates, fiber isn't broken down and absorbed by your digestive tract. Instead, fiber passes through your system until it reaches your colon, where it is either fermented by bacteria or eliminated in feces, depending on the type. Vegetables and other plant foods contain a combination of soluble and insoluble fiber. Colonic bacteria ferment soluble fiber, while insoluble fiber passes through untouched, helping bulk up stools and making them easier to pass. Although it's well known for helping to relieve constipation, in recent years, fiber has been found to play several other roles in good health, including: Better diabetes control: Soluble fiber can help lower blood sugar in people with type 2 diabetes. Lower LDL cholesterol levels: According to clinical trials, both soluble and insoluble fiber may help modestly reduce LDL cholesterol. Relief from irritable bowel syndrome: Although insoluble fiber bulks up stool, soluble fiber seems to be more beneficial for irritable bowel syndrome. Potential weight loss: Fiber may help you feel full and absorb fewer calories from mixed meals. While fiber can provide health benefits, in some cases a high-fiber diet can cause problems. People with active diverticulitis, inflammatory bowel disease (Crohn's disease or ulcerative colitis), or gastroparesis (delayed stomach emptying) may need to limit fiber intake. The US Food and Nutrition Board recommends a minimum daily fiber intake of 25 grams for women and 38 grams per day for men, based on research connecting higher fiber intake with better health. However, these recommendations are based mostly on observational studies in populations eating mixed diets or low-fat diets. We do not have specific information for those following low-carb diets. Top 15 high-fiber, low-carb foods How can you get the benefits of fiber while staying keto or low carb? Choose from our list of 15 keto-friendly, high-fiber foods, which includes the amount of fiber and net carbs (total carbs minus fiber) per serving. 1. Avocado Although it's often grouped with vegetables, the avocado is technically a fruit. However, this fruit is high in fat, with a creamy texture and mild flavor that's neither sweet nor sour. Studies have shown that including avocado at a meal can help you feel full and satisfied. Avocados may also improve some markers of heart health. What's more, the avocado is higher in fiber and lower in net carbs than most fruits. One half of a large avocado (100 grams) provides 7 grams of fiber and 2 grams of net carbs. Avocados are excellent in salads and omelets, as well as the star ingredient in guacamole. Diet Doctor recipes featuring avocado: 2. Broccoli Broccoli belongs to the family of cruciferous vegetables, which includes Brussels sprouts, cabbage, and cauliflower. Broccoli provides several important vitamins and minerals, such as vitamin C and potassium. Limited research suggests it may potentially help reduce markers of inflammation. In addition, it's a good source of fiber. One cup (150 grams) of chopped, cooked broccoli contains 5 grams of fiber and 6 grams of net carbs. Broccoli is especially tasty when sauteed in butter or roasted in olive oil. When dining out, ask your server to replace potatoes, rice, or other starch with steamed broccoli and butter. Diet Doctor recipes featuring broccoli: 3. Blackberries and raspberries Fruit usually isn't a great fit for a ketogenic diet because most types are high in carbs. Berries are a delicious exception that can be enjoyed in small amounts occasionally, even on a strict keto diet. Which kinds are highest in fiber? Blackberries and raspberries, which are also the berries lowest in net carbs. Raspberries provide 6.5 grams of fiber and 5 grams of net carbs per two-thirds cup (100-gram) serving, and blackberries follow closely behind with 5 grams of fiber and 5 grams of net carbs for the same serving size. Berries with fresh cream are a simple yet elegant dessert. Frozen berries can be a good option if fresh aren't available. Diet Doctor recipes featuring blackberries or raspberries: 4. Asparagus Asparagus is a popular vegetable with a delicate taste and texture. It's also filling and a good source of the B vitamins and vitamin C. Eight large spears (160 grams) of asparagus have 3 grams of fiber and 3 grams of net carbs. Asparagus is best when paired with a rich, creamy sauce, whether it's served hot or cold. Diet Doctor recipes featuring asparagus: 5. Chia seeds Chia seeds are a unique seed that forms a gel when combined with liquid. Some studies suggest they may improve blood sugar levels and help you feel full. Chia seeds are an excellent keto-friendly source of fiber. Two tablespoons (28 grams) provide 10 grams of fiber and 2 grams of net carbs. Stir the seeds into water or other liquid and let the mixture stand for a minimum of 15 minutes before consuming it. To improve the taste, add cocoa powder or vanilla with a keto sweetener, if desired. Diet Doctor recipes featuring chia seeds: 6. Macadamia nuts Macadamia nuts are a favorite among keto and low-carb enthusiasts. Although eating macadamias may feel indulgent, they're a nutritious food that's not only low carb but may help lower LDL cholesterol. Their fiber content is pretty impressive as well. A three-quarter cup (100-gram) serving has just under 9 grams of fiber and 5 grams of net carbs. Macadamia nuts are a delicious portable snack that can be enjoyed anytime. For an occasional special treat, try our Keto chocolate macadamia nut fat bombs. 7. Leafy greens Spinach, kale, and other leafy green vegetables are staples of most low-carb diets. In addition to being rich in nutrients and widely available, they may help you feel full. Whether you prefer your greens sauteed, creamed, or steamed, they're a great way to boost your fiber intake while keeping carbs low: Spinach, cooked: 4 grams of fiber and 1 gram of net carbs per half cup (100 grams) Collard greens, cooked: 4 grams of fiber and 1.5 grams of net carbs per half cup (100 grams) Mustard greens, cooked: 2 grams of fiber and 2.5 grams of net carbs per half cup (100 grams) Kale, cooked: 2 grams of fiber and 3 grams of net carbs per cup (100 grams) Diet Doctor recipes featuring leafy green vegetables: 8. Brussels sprouts Brussels sprouts are another member of the cruciferous vegetable family. They're rich in vitamin C and have an earthy taste that many people love. Although slightly higher in net carbs than some of the other vegetables on our list, Brussels sprouts are still a great keto vegetable option. One cup (150 grams) of roasted Brussels sprouts contains 4 grams of fiber and 7 grams of net carbs. Brussels sprouts taste especially good when roasted or pan-fried with butter, olive oil, or other healthy fat. Diet Doctor recipes featuring Brussels sprouts: 9. Artichokes Fresh artichokes take a bit of time to prepare and eat, but their delicious flavor is well worth the effort. Artichoke hearts are easy to find in cans (usually packed in water) or preserved in jars of oil. Like other vegetables on this list, artichokes, whether fresh or preserved, provide several vitamins and minerals. What's more, they're an excellent source of fiber. A medium fresh artichoke (120 grams) has 6 grams of fiber and 6 grams of net carbs. One cup (100 grams) of canned artichoke hearts provides 4 grams of fiber and 5 grams of net carbs. Artichokes are delicious grilled or baked in oil. And they're equally tasty when steamed and served with butter, mayonnaise, or another creamy sauce for dipping. Diet Doctor recipes featuring artichokes: 10. Hazelnuts Hazelnuts are another nutrition-packed nut that contains very few carbs. Limited research suggests they may improve some heart health markers. As far as keto nuts go, hazelnuts are a great high-fiber choice. A three-quarter cup (100-gram) serving contains 10 grams of fiber and 7 grams of net carbs. Diet Doctor recipes featuring hazelnuts: 11. Green beans Green beans are technically considered legumes. However, they contain far fewer carbs than most other legumes, such as beans and lentils. One cup (100 grams) of cooked green beans has 3.5 grams of fiber and 3.5 grams of net carbs. Although they're traditionally served as a side dish with steak and other meats, green beans are surprisingly versatile. Check out our recipes to explore new ways to eat green beans. Diet Doctor recipes featuring green beans: 12. Pecans Pecans are prized for their buttery taste and delicate texture. Like other nuts, research suggests they may improve some heart health markers. Pecans are among the lowest in net carbs of all nuts, and they're rich in fiber to boot. Three-quarters of a cup of pecans (100 grams) provides just under 10 grams of fiber and 4 grams of net carbs. Enjoy them alone, chopped and sprinkled on a salad, or in sweet or savory recipes. Diet Doctor recipes featuring pecans: 13. Dried coconut Coconut is a tasty tropical fruit that's high in fat, including saturated fats called medium-chain triglycerides. Unlike banana, pineapple, and other tropical fruits, coconut is low in carbs and isn't very sweet. In its dried form, it's also quite high in fiber. One-half cup (40 grams) of dried, unsweetened coconut provides 7 grams of fiber and 3 grams of net carbs. It makes a great stand-alone snack and also adds texture and flavor to plain Greek yogurt. When purchasing dried coconut, make sure to check the label to ensure there's no added sugar. Diet Doctor recipes featuring dried coconut: 14. Flaxseed Flaxseed, also known as linseed, is often used in low-carb baking to mimic the texture of wheat flour and other high-carb ingredients. It's received its share of controversy because, like soy, it contains isoflavones. However, overall, flaxseed appears to have neutral to beneficial effects on health, when consumed in small amounts. We recommend that you limit your daily intake to a maximum of two tablespoons of ground flaxseed. Two tablespoons (14 grams) of ground flaxseed have 4 grams of fiber and 0.2 gram of net carbs. Diet Doctor recipes featuring flaxseed: 15. Psyllium husk Psyllium husk is well known for its laxative properties. It's the active ingredient in many products designed to relieve constipation, such as Metamucil. Like flaxseed, it's often used to give low-carb and keto baked goods a texture similar to high-carb favorites, including bread. Psyllium is extremely high in fiber. One tablespoon (10 grams) of psyllium husk powder provides 8 grams of fiber and slightly less than 1 gram of net carb. When taking psyllium powder as a laxative, it's important to mix it with plenty of water, as taking it alone can be a choking hazard. However, when combined with other ingredients and baked into low-carb recipes, psyllium doesn't pose this risk. Diet Doctor recipes featuring psyllium: High fiber + low carb = a winning combination For some people, dietary fiber can be beneficial for health. Yet whole grains, beans, and other high-fiber foods don't work well for a low-carb lifestyle. The good news is that you needn't sacrifice fiber to stay keto. By choosing fiber-rich foods that are also low in carbs, you can get the best of both worlds. / Franziska Spritzler, RD, CDE Meal plans designed for resultsWith our personalized meal plans, we do the planning for you. All you have to focus on is cooking, eating, and enjoying healthy, delicious food.Get my meal planLearn more jenifotGetty Images There's no question that carbs have gotten a bad rap over the years — especially thanks to trendy diet plans like keto. This reputation stems from the fact that the foods with simple, refined carbs are easier to overeat than other good, complex carbs full of fiber and other nutrients. You'll find simple carbs in desserts, sugary beverages, condiments, sweetened dairy products, and white, refined grains like rice, pasta, and bread. Foods with sneaky sources of carbs (a.k.a. sugar) are absolutely everywhere — from those aforementioned beverages to energy bars and \$16 pressed juices that line supermarket shelves. They're easier to overeat because they get readily absorbed into your bloodstream. What your body doesn't need, however, gets stored in your peripheral tissues, a.k.a. your fat cells. Doing this regularly over time can lead to weight gain, so that's why we consider carb-containing foods to be "fattening."While all carbs break down into glucose, the best carbs for your health are the ones you'll eat in their closest-to-nature state as possible: vegetables, fruit, pulses, legumes, unsweetened dairy products, and 100% whole grains, like brown rice, quinoa, wheat, and oats. They contain varying amounts of fiber, the beneficial fuel that helps our body's probiotics to survive and thrive. Dairy products also provide protein in addition to carbs from the naturally occurring sugar lactose. So how many carbs do we really need? The USDA/DHHS Dietary Guidelines for Americans 2015-2020 recommends that we consume about half of our total calories for the day in the form of carbs. And the more we can choose nutrient-dense foods, the easier it is to actually feel satisfied — and want less of the not-as-nutritious carbs that find their way into our day in sneaky ways. Here's my list of the healthiest carbs to add to your grocery cart ASAP. Advertisement - Continue Reading Below 2 Potatoes Potatoes are nutrient powerhouses — they can pack up to 4 grams of plant-based protein, nearly 5 grams fiber, and 25% of the potassium you need for the day. So long as you're baking, roasting, grilling, or boiling, you're in good hands with a trusty tater, be it white, purple, blue, or sweet (a.k.a. orange). Choose ½ of a large or one small potato as your serving size, season as you would any other veg, and you're good to go. 3 Quinoa Quinoa is a grain rich in protein, fiber, vitamins, and minerals. What gives it the nutritional leg-up compared to other grains? It's higher in B-vitamins compared to grains like barley, rye, rice, and corn. These all-important helpers assist in converting the food you eat to the fuel you use for energy. RELATED: The Best Recipes to Get Down With Quinoa 4 Prunes Filled with potassium, calcium, and magnesium, prunes are like nature's gift to our bones (they help make 'em stronger); GI tracts (they'll help you stay regular); and blood pressure (they supply key minerals). Eating dried plums regularly along with other fiber-filled, mineral-packed foods can help decrease your risk of heart disease and type II diabetes — especially since more magnesium in your diet can help you more efficiently metabolize glucose. RELATED: 15 Potassium Superfoods That Aren't Bananas 5 Pulses Pulses — the dry edible seeds of beans, lentils, chickpeas, and peas — are everywhere these days, and we couldn't be happier about it. They're a plant-based protein and packed with fiber, minerals, and B-vitamins, which help your nervous and muscular systems function. One ½ cup serving has about 8 grams of protein that can swap in for meat, which has more saturated fat. Easily the best benefit of pulses is their price. A bag of black beans can cost three times less than chicken, fish, or beef. RELATED: The Best Cheap Healthy Foods You Can Buy at the Grocery Store 6 Pumpkin One cup of plain pumpkin puree contains more vitamin A than a cup of kale and more potassium than a banana for a mere 83 calories and about half a gram of fat, which makes it a great swap in hash recipes or a lower-calorie veggie side. In addition to its iron content, pumpkin's also packed with beta-carotene, an important antioxidant for your vision and skin. You can get its nutritional benefits year-round in versatile canned form. I love mixing ½ cup into plain, low-fat Greek yogurt (with cinnamon, nutmeg, and a drizzle of honey) for a protein-rich snack. 7 Buckwheat Buckwheat is a gluten-free seed that's a staple in Eastern European cuisine, as well as a flour base used in Asian meals and recipes. As a 100% whole grain, the benefits of buckwheat are endless. Use it as a swap for oatmeal at breakfast, instead of rice in stir-frys, and use buckwheat-based Udon as a more nutrient-dense ingredient for traditional egg noodles. It's filled with phytonutrients, fiber, and key antioxidants linked to reducing risk of chronic disease. RELATED: 35 Foods That Can Help Lower Your Cholesterol 8 Tart Cherries Dried tart cherries provide a slew of phenolic compounds linked to melatonin production, which some research has linked to boosting sleep and aiding in muscle recovery in athletes. Keep in mind that cherry juices — even ones that use stevia in place of sugar — are concentrated sources of naturally occurring sugar. With that said, there's still plenty of ways to use them in dried form, from breakfast cereal to dessert to yogurt toppings. RELATED: The Sneaky Foods That Make You Sleepy 9 Taro Another global staple making its way to us, Taro belongs to the starchy root veggie family and tastes like a potato. It has double the fiber (a cup has nearly 5 grams!) compared to spuds. You can consume it baked — fry form is my personal favorite — and get the immune-boosting antioxidants, minerals, and zinc. 10 Beets A lesser known fact about beets? They're a great source of vitamin C, the antioxidant linked to boosting your immune system and helping skin cells to regenerate. They'll also pack up to 20% of your daily value for folate, the B-vitamin responsible for reducing your risk of cognitive decline. Try them thinly sliced and oven baked, boiled (boarscht, anyone?), or roasted with cayenne, ginger, or turmeric. 12 Cassava (Yuca) If you're anything like me, you might consider tapioca — the flour derived from the Brazilian cassava root — a forgotten food of the '90s. But today, this white, ultra-starchy wheat substitute is popping up everywhere in the U.S. As a fiber and mineral-containing grain substitute that's gluten-, dairy-, and nut-free, it can serve as a base for many baking recipes. But keep in mind that cassava is a concentrated source of dietary carbs (great for athletes-in-training!), so while it's ultra-satisfying and nutrient rich, portion size is key. 14 Carrots There's no question that carrots are nutritious. They're packed with polyphenols, flavonoids, and carotenoids — all antioxidants linked to major health benefits. But the combo of immune-boosting beta-carotene and fiber with their versatility makes 'em extra special. From roasting and baking (carrot fries are a thing, too!) to snacking on 'em raw (with hummus, tahini, yogurt, guac, or salsa) the possibilities are endless for these orange veggies. This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io

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