

Pendulum®

25 High-Fiber Snack Ideas

Dietary fiber is found mostly in fruits, vegetables, nuts, legumes, and whole grains. However, we can also find them in some delicious and nutritious snacks! Browse through this list to find a few “grab and go” snacks to incorporate into your daily routine!

Remember, fiber not only helps you feel full longer, slows the absorption of sugar, and helps to lower cholesterol — it also feeds the gut microbiome! Eating more fiber helps keep the microbes in our gut happy, healthy, and diverse; improving our overall gut health.



Biena Chickpea Snacks
5-6g fiber/serving
[See product >](#)



CORE Bars
6-7g fiber/serving
[See product >](#)



Hello Puddin' Dark
Chocolate with Reishi
Mushroom
11-12g fiber/serving
[See product >](#)



Purely Elizabeth Apple
Cinnamon Pecan
Superfood Oat Cups
6g fiber/serving
[See product >](#)



Flackers
5-9g fiber/serving
[See product >](#)



Bada Bean Bada Boom –
Sea Salt
5g fiber/serving
[See product >](#)



Wonderful Pistachio
Roasted & Salted Snack Packs
2g fiber/serving
[See product >](#)



Good Measure
Almond and Nut
4g fiber/serving
[See product >](#)



Bhujia Crunchy
Seasoned Peas
3g fiber/serving
[See product >](#)



Off the Eaten Path
Chickpea Veggie Crisps
3g fiber/serving
[See product >](#)



Rhythm Carrot Sticks
11g fiber/serving
[See product >](#)



GG Scandinavian Fiber Crispbread
4g fiber/serving
[See product >](#)



Skinny Pop Popcorn Chips
2g fiber/serving
[See product >](#)



Pulp Chips
5g fiber/serving
[See product >](#)



Barley+ Multi Fiber Muesli Bars
9g fiber/serving
[See product >](#)



Lily's Almond Dark Chocolate Bar
9g fiber/serving
[See product >](#)



Cynara Artichoke Chypps
5g fiber/serving
[See product >](#)



Jack and Barb Vegan Jerky
4g fiber/serving
[See product >](#)



Cult Crackers – Crunchy Cassava Crackers
4g fiber/serving
[See product >](#)



Fiber One 70 Calorie Brownies
6g fiber/serving
[See product >](#)



Health Warrior Chia Bars
4-5g fiber/serving
[See product >](#)



Olipop Soda
9g fiber/serving
[See product >](#)



Mamma Chia Wild Raspberry Chia Squeeze
3g fiber/serving
[See product >](#)



BHU Keto Bar – Chocolate Chip Cookie Dough
11g fiber/serving
[See product >](#)



Hippie Snacks Avocado Crisps
3g fiber/serving
[See product >](#)