

The fruits in which fiber are more than in an apple are listed

One medium -sized apple (200 g) contains 4 g of fiber. This substance saturates well, improves digestion, and helps with constipation. You can get it from other fruits.

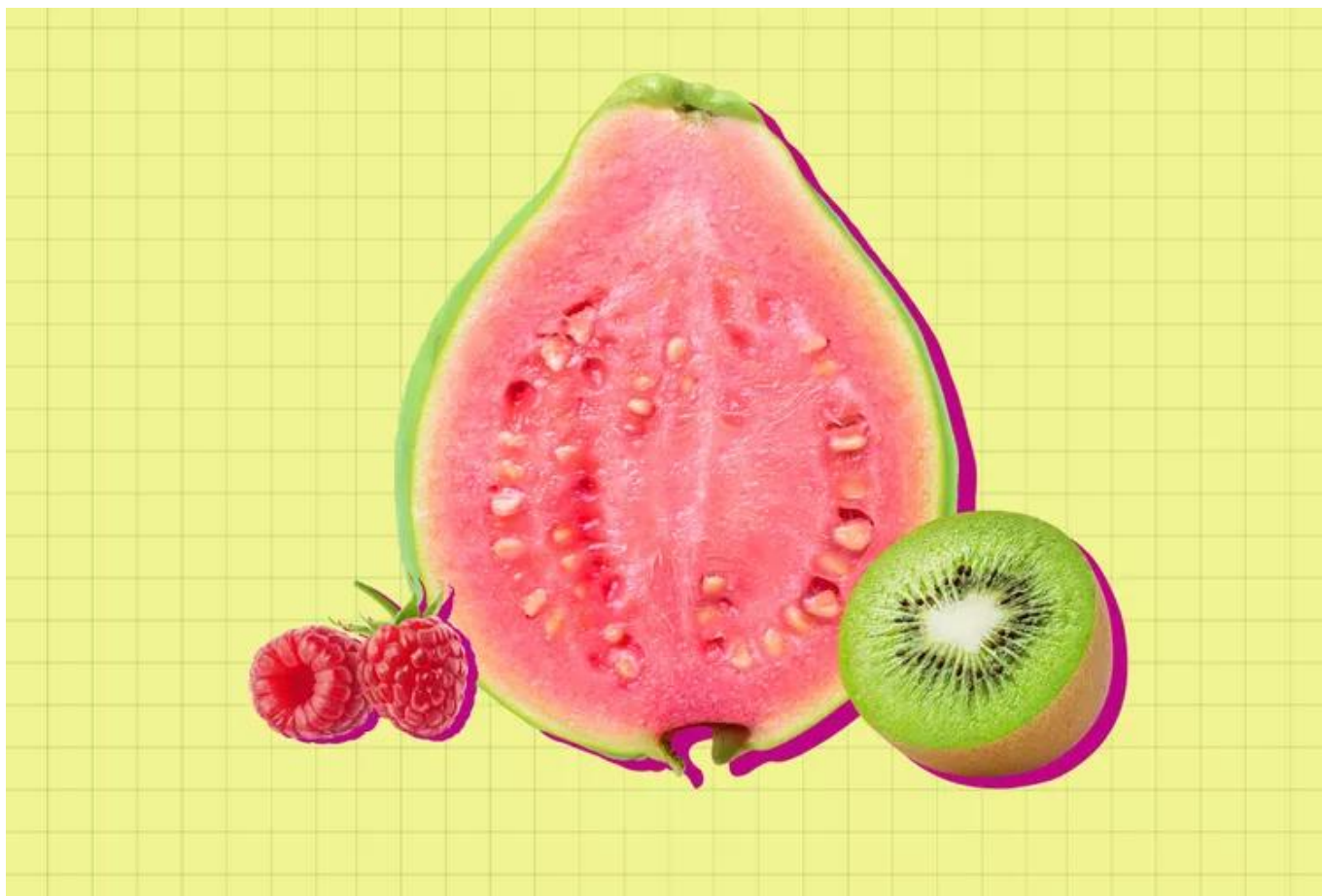
**Marak.** One portion of this tropical fruit (236 g) accounts for 24.5 g of fiber.

**Raspberry.** Each cup of these berries (150 g) contains almost 10 g of fiber. This is almost 1/3 of the daily norm.

**Guava.** This fruit has both the peel and the seeds are edible. From one cup of gouav (165 g) you will receive 9 g of fiber.

**Blackberry.** Each cup of blackberry (150 g) gives our body 8 g of fiber.

**Avocado.** It has a lot of vitamin E, healthy fats and other nutrients. As for the content of fiber, in the half of the fruit it is about 7 g.



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**Persimmon.** Each of its fruit (168 g) contains 6 g of fiber.

**Dragon Fruit.** From one cup of this fruit (180 g) you will receive 5.5 g of fiber.

**Pear.** It has more fiber than in an apple: 5.5 g per medium fruit.

**Kiwi.** One cup of chopped fruit (approximately 2 1/2 of the fruit of kiwi) will give you 5.4 g of fiber.

***News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.***