

HIGH FIBER INTAKE COMPARISON

Nutritional reference guide per standard serving size

FOOD ITEM	SERVING SIZE	CALORIES	FIBER (G)	DENSITY
Split Peas (Cooked)	1 cup	230	16.3g	Excellent
Lentils (Cooked)	1 cup	230	15.6g	Excellent
Black Beans (Cooked)	1 cup	227	15.0g	High
Artichoke (Medium)	1 unit	64	10.3g	High
Raspberries	1 cup	64	8.0g	High
Chia Seeds	2 tbsp	138	9.8g	Concentrated
Quinoa (Cooked)	1 cup	222	5.2g	Moderate
Broccoli (Chopped)	1 cup	31	2.4g	Low Calorie

Daily Recommended Value: 25g - 38g Ref: USDA FoodData Central