

Daily High Fiber Food Requirement Chart

FOOD CATEGORY	SERVING SIZE	FIBER (G)
Split Peas (Cooked)	1 cup	16.3g
Lentils (Cooked)	1 cup	15.6g
Black Beans (Cooked)	1 cup	15.0g
Chia Seeds	2 tbsp	10.0g
Raspberries	1 cup	8.0g
Whole Wheat Pasta	1 cup (cooked)	6.3g
Pear (with skin)	1 medium	5.5g
Broccoli (Chopped)	1 cup	5.1g
Quinoa (Cooked)	1 cup	5.0g
Oatmeal (Old Fashioned)	1 cup (cooked)	4.0g

Recommended Daily Intake: Women: 25g | Men: 38g