

High Fiber Diabetic Friendly Food Chart

Food Category	Item (1 Cup Serving)	Approx. Fiber	Glycemic Index
LEGUMES	Cooked Lentils	15.5g	Low
LEGUMES	Black Beans	15.0g	Low
VEGETABLES	Cooked Broccoli	5.1g	Very Low
VEGETABLES	Artichoke (Medium)	7.0g	Very Low
GRAINS	Cooked Quinoa	5.2g	Low
GRAINS	Steel Cut Oats	8.0g	Low
FRUITS	Raspberries	8.0g	Low

Food Category	Item (1 Cup Serving)	Approx. Fiber	Glycemic Index
FRUITS	Pear (with skin)	5.5g	Low
SEEDS	Chia Seeds (2 tbsp)	10.0g	Very Low