

# HIGH FIBER FOOD GUIDE

Daily Digestive Health Reference

**Daily Goal (Men): 38g Daily Goal (Women): 25g**

<b>Legumes</b>	Split Peas (Cooked)	1 cup	16.3g
<b>Legumes</b>	Lentils (Cooked)	1 cup	15.6g
<b>Vegetables</b>	Artichoke (Cooked)	1 medium	10.3g
<b>Fruits</b>	Raspberries	1 cup	8.0g
<b>Grains</b>	Quinoa (Cooked)	1 cup	5.2g
<b>Seeds</b>	Chia Seeds	1 tbsp	5.0g
<b>Vegetables</b>	Broccoli (Cooked)	1 cup	5.1g
<b>Fruits</b>	Pear (with skin)	1 medium	5.5g

## HYDRATION & USAGE TIPS

**Increase Gradually:** Add fiber slowly over 2-3 weeks to avoid bloating.

**Hydrate:** Drink at least 8 glasses of water daily to help fiber move through the system.