

# High Fiber Grocery Reference

## LEGUMES & PULSES

- Split Peas (1 cup) **16g**
  - Lentils (1 cup) **15g**
  - Black Beans (1 cup) **15g**
  - Chickpeas (1 cup) **12g**
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## WHOLE GRAINS

- Barley (1 cup cooked) **6g**
  - Quinoa (1 cup cooked) **5g**
  - Oats (1 cup cooked) **4g**
  - Brown Rice (1 cup) **4g**
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## FRUITS & BERRIES

- Raspberries (1 cup) **8g**
  - Pear (medium w/ skin) **6g**
  - Apple (medium w/ skin) **4g**
  - Banana (medium) **3g**
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## VEGETABLES

- Artichoke (medium) **10g**
  - Broccoli (1 cup chopped) **5g**
  - Brussels Sprouts (1 cup) **4g**
  - Carrots (1 cup raw) **3.5g**
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## NUTS & SEEDS

- Chia Seeds (2 tbsp) **10g**
  - Pumpkin Seeds (1/4 cup) **5g**
  - Almonds (23 nuts) **3.5g**
  - Pistachios (1/4 cup) **3g**
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*Fiber content values are approximate averages based on standard serving sizes.*