

HIGH FIBER & LOW CALORIE REFERENCE

Optimizing satiety with nutrient density

Food Item	Serving Size	Fiber (g)	Calories
VEGETABLES			
Raspberries	1 Cup	8.0g	64
Artichoke	1 Medium	6.8g	60
Broccoli (Steamed)	1 Cup	5.1g	55
Brussels Sprouts	1 Cup	4.1g	38
LEGUMES & GRAINS			
Lentils (Cooked)	1/2 Cup	7.8g	115
Black Beans	1/2 Cup	7.5g	114
Air-Popped Popcorn	3 Cups	3.5g	93
SEEDS & FRUITS			

Food Item	Serving Size	Fiber (g)	Calories
Chia Seeds	1 tbsp	4.1g	58
Pear (with skin)	1 Medium	5.5g	101
Apple (with skin)	1 Medium	4.5g	95

Calculations based on standard USDA nutritional data. Always wash produce before consuming.