

# High Fiber Protein Source Reference Chart

FOOD ITEM (1 CUP COOKED)	PROTEIN (G)	FIBER (G)	DENSITY
Lentils	18g	15g	High
Black Beans	15g	15g	High
Chickpeas	14.5g	12.5g	Medium
Edamame (Shelled)	18.5g	8g	High
Green Peas	8.5g	9g	Medium
Quinoa	8g	5g	Moderate
Tempeh	31g	7g	High