

HIGH FIBER SUPERFOODS

Daily Value Reference Guide

Food Item	Serving Size	Fiber (g)
Legumes & Pulses		
Split Peas (Boiled)	1 cup	16.3g
Lentils (Boiled)	1 cup	15.6g
Black Beans (Boiled)	1 cup	15.0g
Fruits & Vegetables		
Artichoke (Medium)	1 unit	10.3g
Raspberries	1 cup	8.0g
Broccoli (Chopped)	1 cup	5.1g
Seeds, Grains & Nuts		
Chia Seeds	2 tbsp	10.0g
Quinoa (Cooked)	1 cup	5.2g
Almonds	1 oz (23 nuts)	3.5g

Note: Fiber content may vary based on preparation. Recommended daily intake: 25g (women) / 38g (men).