

High Fiber Vegan Food Reference Chart

FOOD ITEM	CATEGORY	SERVING SIZE	FIBER (G)
Split Peas	Legumes	1 cup cooked	16.3
Lentils	Legumes	1 cup cooked	15.6
Black Beans	Legumes	1 cup cooked	15.0
Artichoke	Vegetables	1 medium	10.3
Chia Seeds	Seeds	2 tbsp	10.0
Raspberries	Fruit	1 cup	8.0
Quinoa	Grains	1 cup cooked	5.2

FOOD ITEM	CATEGORY	SERVING SIZE	FIBER (G)
Broccoli	Vegetables	1 cup chopped	5.1
Pear	Fruit	1 medium	5.5
Almonds	Nuts	1/4 cup	4.5