

HIGH FIBER VEGETABLES

Nutritional Reference Guide Per 1 Cup Serving (Cooked)

Vegetable Variety	Fiber Content	Calorie Est.
Artichoke (Medium, whole)	10.3g	64 kcal
Split Peas	16.3g	231 kcal
Lentils	15.6g	230 kcal
Green Peas	8.8g	134 kcal
Broccoli	5.1g	55 kcal
Brussels Sprouts	4.1g	56 kcal
Carrots	3.6g	52 kcal
Swiss Chard	3.7g	35 kcal

Values are approximate. Recommended Daily Intake: 25g - 38g.