

NUTRITIONAL REFERENCE

# High Fiber Legumes

<b>VARIETY (1 CUP COOKED)</b>	<b>FIBER (G)</b>
Split Peas	<b>16.3</b>
Lentils	<b>15.6</b>
Black Beans	<b>15.0</b>
Navy Beans	<b>19.1</b>
Chickpeas (Garbanzo)	<b>12.5</b>
Pinto Beans	<b>15.4</b>
Kidney Beans	<b>13.1</b>
Lima Beans	<b>13.2</b>

\*Values are approximate based on standard USDA nutritional data.