

HIGH FIBER COMPLEX CARBOHYDRATES

| Food Item | Serving Size | Fiber (g) |
|-----------------------------|---------------------|------------------|
| LEGUMES & PULSES | | |
| Split Peas (Cooked) | 1 cup | 16.3g |
| Lentils (Cooked) | 1 cup | 15.6g |
| Black Beans (Cooked) | 1 cup | 15.0g |
| Chickpeas (Cooked) | 1 cup | 12.5g |
| WHOLE GRAINS | | |
| Pearled Barley (Cooked) | 1 cup | 6.0g |
| Quinoa (Cooked) | 1 cup | 5.2g |
| Oatmeal (Steel Cut) | 1 cup | 5.0g |
| Brown Rice (Cooked) | 1 cup | 3.5g |
| STARCHY VEGETABLES | | |

| Food Item | Serving Size | Fiber (g) |
|--------------------------|---------------------|------------------|
| Sweet Potato (With Skin) | 1 medium | 3.8g |
| Green Peas | 1 cup | 8.8g |
| Butternut Squash | 1 cup | 6.6g |