

Fiber - Nutritional content table

FOOD	QUANTITY	FIBER
1. Chia seeds	1 ounce	10 grams
2. Flaxseeds	2 tbsp	08 grams
3. Lentils	per cup, cooked	15.6 grams
4. Black Beans	per cup, cooked	15 grams
5. Avocado	1 unit (medium)	10 grams
6. Green Peas	per cup, cooked	8.8 grams
7. Raspberries	1 cup	08 grams
8. Split Peas	per cup,cooked	16 grams
9. Barley	per cup, cooked	06 grams
10. Artichokes	per medium artichoke, cooked	10 grams



Fiber Rich - Nutritional content table

FOOD	QUANTITY	FIBER
11. Chickpeas	per cup, cooked	12.5 grams
12. Edamame	per cup, cooked	08 grams
13. Whole Wheat Pasta	per cup, cooked	06 grams
14. Figs	per cup, dried	14.6 grams
15. Navy Beans	per cup, cooked	19 grams
16. Pinto Beans	per cup, cooked	15 gramos
17. Kidney Beans	per cup, cooked	13 grams
18. Coconut	per cup, shredded	07 grams
19. Collard Greens	per cup, cooked	08 grams
20. Pumpkin	per cup, canned	07 grams

