

## Gluten-Free Fiber Chart

Food	Fiber Content (per 100g)	Benefits
Chia Seeds	34g	High in soluble fiber, lowers LDL
Flaxseeds	27g	Supports digestion, rich in Omega-3
Psyllium Husk	80g	Best fiber supplement, aids gut health
Quinoa	2.8g	Complete protein, supports digestion
Oats (Gluten-Free)	10g	Beta-glucan fiber, reduces cholesterol
Lentils	8g	Great plant protein, heart-healthy
Chickpeas	7.6g	Supports gut bacteria, lowers cholesterol
Berries (Raspberries, Blueberries)	6-8g	Antioxidants & fiber for heart health
Almonds	12.5g	Healthy fats, reduces bad cholesterol
Avocado	6.7g	High in fiber & heart-healthy fats