

Protein	Amount	Protein Source	G of Protein	G of Fiber
	1 oz	Almonds	6	3
	1/2 cup	Amaranth	5	2
	2 Slices	Bacon	6	0
	1/2 cup	Black Beans	8	6
	1/2 cup	Buckwheat	10	8
	1 oz	Cashews	4	1
	1 oz	Cheddar Cheese	6	0
	3 T	Chia Seeds	5	10
	4 oz	Chicken breast	35	0
	1/2 cup	Cottage Cheese	14	0
	8 oz	Cow Milk	8	0
	1/2 cup	Edamame	9	4
	3 T	Egg Whites	5	0
	3	Eggs	18	0
	1 oz	Feta Cheese	6	0
	2 T	Flax Seeds, ground	4	4
	1/2 cup	Garbanzo Beans	6	4
	1 oz	Goat Cheese	4	0
	8 oz	Goat Milk	8	0
	4 oz	Ground Beef	21	0
	4 oz	Ground Bison	29	0
	4 oz	Ground Chicken	22	0
	4 oz	Ground Pork	30	0
	4 oz	Ground Turkey	19	0
		Ham Slice		0
	3 T	Hemp Seeds	10	1
	2 T	Hummus	2	1
	1/2 cup	Kidney Beans	8	5

1/4 cup	Lentils, dry	14	7
1/2 cup	Oats	5	4
1/2 cup	Peas (cooked)	4	4
1/2 cup	Pinto Beans	7	5
1/4 cup	Pistachios	6	3
6 oz	Pork Tenderloin	22	0
1/4 cup	Pumpkin Seeds	9	2
1/2 cup	Quinoa, cooked	4	3
4 oz	Ricotta Cheese	9	0
4 oz	Salmon	29	0
4 oz	Scallops	23	0
4 oz	Sea Bass	27	0
4 oz	Shrimp	14	0
8 oz	Soy Milk	7	0
4 oz	Steak	34	0
3 T	Sunflower Seeds	5	2
4 oz	Tilapia	30	0
4 oz	Tofu	12	1
1 can	Tuna	33	0
2 slices	Turkey Bacon	12	0
4 oz	Turkey Breast, slices	22	0
1/4 cup	Walnuts	4	2



DC Strength
& Nutrition

Fiber - Vegetables

Amount	Fiber Source	G of Fiber	G of Carbohydrates
1 medium	Artichoke	7	14
1 cup	Arugula	0.5	0.5
8 spears	Asparagus	3	5
1/2 cup	Beets	4	14
1 cup	Bok Choy (cooked)	2	3
1 cup	Broccoli (cooked)	5	11
1 cup	Brussels Sprouts	6	16
1/2 cup	Cabbage (raw)	2	4
1/2 cup	Carrots (Raw)	2	6
1/2 cup	Cauliflower (cooked)	2	3
2 stalks	Celery	1	2
1/2 cup	Celery Root / Celariac (raw)	1	5
1/2 cup	Chard (raw)	2	4
1/2 cups	Collard Greens (Raw)	1	1
1/2 cup	Cucumber	1	3
1/2 cups	Dandelion Greens (cooked)	2	3
1/2 cup	Edamame	4	7
1/2 cup	Eggplant	1	4
1/2 cup	Fennel (cooked)	4	9
1/2 cup	Green Beans (cooked)	2	5
1/2 cup	Green Pepper (raw)	1	4
1/2 cup	Iceberg	0.5	1
1/2 cups	Kale (Raw)	0.5	0.5
1/2 cup	Kohlrabi	1	6
1 1/2 cup	Mixed Greens	2	8
1/2 cup	Mushrooms (cooked)	2	4
1/2 cup	Onion (cooked)	2	11
1/2 cup	Parsnips (cooked)	4	18
1/2 cup	Peas (cooked)	4	11



DC Strength
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Amount	Fiber Source	G of Fiber	G of Carbohydrates
1/2 cup	Radishes (raw)	2	1
1/2 cups	Romaine	1	1
1/2 cup	Rutabega (cooked)	2	8
1/2 cup	Spaghetti Squash	1	5
1/2 cup	Spinach (Raw)	0.5	0.5
1/2 cup	Tomato (raw)	1	4
1/2 cup	Turnips (cooked)	2	6
1/2 cup	Zucchini	1	3



**DC Strength
& Nutrition**

Fiber - Fruits

Amount	Fiber Source	G of Fiber	G of Carbohydrates
1	Apple, skin on	4	25
1	Apricot	1	4
1	Avocado	9	12
1 medium	Banana	2	27
1/2 cup	Blackberry	4	7
1/2 cup	Blueberry	2	11
1/2 cup	Cantaloupe	1	5
1/2 cup	Cherry	2	12
1/2 cup	Cranberry, fresh	2	7
2	Dates	3	36
1	Dragon Fruit	1	6
1/2 cup	Grapes	1	14
1 medium	Grapefruit	4	27
1/2 cup	Honeydew	1	9
1	Kiwi	2	10
1 medium	Mandarin	2	12
1/2 cup	Mango	2	17
1 medium	Orange	3	15
1/2 cup	Papaya	1	8
1 medium	Peach	2	14
1 medium	Pear	6	27
1/2 cup	Pineapple	1	11
1/2 cup	Plantain, cooked	2	29
1 medium	Plum	1	8
1/4 cup	Pomegranate Seeds	2	8
1/2 cup	Raspberry	4	7
1/2 cup	Strawberry	2	6
1/2 cup	Watermelon	0	4



**DC Strength
& Nutrition**

Fiber - Starches

Amount	Fiber Source	G of Fiber	G of Carbohydrates
1/2 cup	Acorn Squash	5	15
1/2 cup	Amaranth	2	23
1/2 cup	Black Beans	6	23
1/2 cup	Buckwheat	8	62
1/2 cup	Butternut Squash	3	11
1/2 cup	Corn	2	16
1/2 cup	Garbanzo Beans	4	19
1/2 cup	Kidney Beans	5	21
1/4 cup	Lentils, dry	7	30
1/2 cup	Millet	1	21
1/2 cup	Oats	4	27
1/2 cup	Pinto Beans	5	21
1/2 cup	Quinoa	3	20
1/2 cup	Rice, brown	2	22
1 medium	Sweet Potato, baked	5	31
1 medium	White Potato, baked with skin	4	37
1/2 cup	Yuca	1	25