



# High Fiber Diet

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Spaghetti (cooked)	1 cup	2.2	197
Cornbread	2 x 2 piece		

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Legumes	Amount (cup)	Dietary Fiber (g)	Calories
Baked (cooked), canned	1	6.0 - 10.0	250
Black Beans (cooked)	1	7.2	227
Kidney (cooked)			

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