

How can you get more fibre in your diet?

Dietary Fibre Guide

Include foods rich in dietary fibre in your daily diet to ensure you maintain regularity. Remember the average daily requirement is around 30 GRAMS.

Food	Serving Size	Fibre (g)		
		Soluble	Insoluble	Total
Fruits				
Pear, fresh, unpeeled	1 medium	0.7	3.9	4.6
Dates, dried	3	0.1	4.2	4.3
Avocado	½	1.2	2.6	3.0
Prunes, dried	5	1.1	2.0	3.1
Apples, unpeeled	1 medium	0.4	2.6	3.0
Orange, fresh	1 medium	0.5	1.7	2.2
Blueberries, fresh or frozen	½ cup	0.2	1.9	2.1
Banana	1 medium	0.5	1.3	1.8
Peach, fresh, unpeeled	1	0.6	1.1	1.7
Raisins, seedless	¼ cup	0.2	1.4	1.6
Papaya, fresh, cubed	½ cup	0.1	1.4	1.5
Kiwi fruit	1 medium	0.3	1.2	1.5
Strawberries	½ cup	0.3	1.0	1.3
Pineapple, diced	½ cup	0.1	0.6	0.7
Cantaloupe, fresh, cubed	½ cup	0.1	0.5	0.6
Grapes	10	tr	0.5	0.5
Watermelon, fresh, cubed	½ cup	tr	0.3	0.3

Vegetables				
Potato, white, unpeeled	1 medium	1.0	3.1	4.1
Brussel sprouts	½ cup	0.4	2.5	3.2
Spinach, raw	2 cups	0.3	2.0	2.3
Potato, white, peeled	1 medium	0.4	1.7	2.1
Carrot, sliced	½ cup	0.4	1.5	1.9
Broccoli, cooked or raw	2 stalks	0.2	1.7	1.8
Asparagus, canned or fresh	½ cup	0.3	1.4	1.7
Corn, whole kernel	½ cup	0.1	1.5	1.6
Potato salad, peeled	½ cup	0.4	1.1	1.5
Beans, cooked or raw	½ cup	0.3	1.2	1.5
Onion, raw, chopped	½ cup	0.1	1.1	1.2
Cauliflower, cooked or raw	½ cup	0.2	1.0	1.2
Potato, french fries	10 strips	0.2	0.9	1.1
Celery, diced, cooked or raw	½ cup	0.1	1.0	1.1
Pepper, green or chilli, chopped	½ cup	0.1	0.8	0.9
Tomato, canned or fresh	½ cup	0.2	0.6	0.8
Bean sprouts	½ cup	tr	0.8	0.8
Lettuce, fresh, shredded	1 cup	tr	0.7	0.7
Cucumber, unpeeled	½ cup	tr	0.5	0.5
Mushrooms, fresh, pieces	½ cup	0.1	0.2	0.3

Food	Serving Size	Fibre (g)		
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Legumes				
Beans, kidney, canned	½ cup	1.0	3.5	4.5
Peas, green, canned or frozen	½ cup	0.3	2.8	2.9
Lentils	½ cup	0.1	2.8	2.9

Nuts and Seeds				
Almonds, roasted with skin	22 whole	0.1	2.5	2.5
Peanuts	30–40 whole	0.1	1.9	1.9
Cashews, roasted	18 medium	0.1	1.2	1.3
Pumpkin seeds	1 tbsp	tr	0.7	0.8
Popcorn	1 cup	tr	0.8	0.8

Grain products				
Cereal, All Bran	½ cup	0.7	7.4	8.1
Bread, whole wheat	1 slice	0.3	2.2	2.5
Pasta, macaroni, spaghetti etc	1 cup	0.4	1.5	2.0
Muffin, English	1	0.3	1.3	1.7
Noodles, Chow Mein	1 cup	0.4	1.1	1.5
Cereal, cornflakes	1 cup	0.1	1.1	1.2
Bun, hamburger	1	0.3	0.7	1.0
Bread roll, hard	1 small	0.2	0.6	0.8
Pancake, 10 cm diameter	2	0.2	0.7	0.8
Bread, white or italian	1 slice	0.2	0.6	0.8
Taco shell	1	tr	0.7	0.7
Cereal, Special K	1 cup	0.1	0.7	0.7
Bread, rye	1 slice	0.2	0.5	0.7
Rice, cooked	½ cup	tr	0.3	0.4
Cookies, shortbread	4	0.2	0.3	0.4
Doughnut, plain	1	0.1	0.2	0.3
Crackers, saltine	4	0.1	0.2	0.3
Ice cream cone, Cornet cup	1	tr	0.1	0.1

tr=trace, Less than 0.05 g (fresh weight) per serving
 Any difference between the sum of the soluble and insoluble fibre and total fibre is due to rounding of data. Fibre values have been calculated according to the Uppsala method extracted from Marlett JA, CheungT-F: Database and quick methods of assessing typical dietary fibre intakes using data for 228 commonly consumed foods. Copyright by the American Dietetic Association. Reprinted with permission from the Journal of the American Dietetic Association, 1997; Vol.97;10,1139–1148.

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