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# Fibre Content of Foods

| HIGH FIBRE | LOW TO MEDIUM FIBRE |
|---|---|
| **FRUITS & VEGETABLES** | **FRUITS & VEGETABLES** |
| Oranges and other citrus | Bananas, Potatoes |
| Apples & pears including skin | |
| Green vegetables | |
| Carrots, parsnips, onions | |
| Green salad, tomatoes | |
| Dried fruits, nuts | |
| **CEREALS, BEANS, PULSES etc** | **CEREALS, BEANS, PULSES etc** |
| Weetabix, Shredded Wheat | Corn flakes |
| All Bran, Bran Buds, Natural bran | Special K |
| Bran Flakes, Puffed Wheat | Rice Crispies |
| Muesli, Porridge oats | |
| Most Beans, pulses & lentils | |
| Brown rice | White rice |
| Wholemeal pasta | Ordinary pasta |
| Wholemeal & whole grain bread | White bread, some brown bread |
| Wholemeal flour | White and some brown flour |
| **DRINKS** | **DRINKS** |
| Smoothies made from the whole fruit | Most other fruit juices |
| | **FOODS WITH MINIMAL FIBRE** |
| | Meat, fish, eggs |
| | Milk, cheese and most milk products |
| | Sweets, chocolate, cakes & biscuits |

Most fruits and vegetables, particularly green vegetables are high in fibre

GENERALLY, THE MORE IT HAS TO BE CHEWED, THE MORE FIBRE IT CONTAINS!

More specific advice can be obtained from a dietitian or nutritionist

**Approximate dietary fibre content of selected foods***

Aim to eat about 18-30g fibre per day

| | Food | Typical portion (weight) | Fibre/portion |
|---|---|---|---|
| **Breakfast cereals** | All-Bran | 1 medium sized bowl (40g) | 9.8g |
| | Shredded wheat | 2 pieces (44g) | 4.3g |
| | Bran flakes | 1 medium sized bowl (30g) | 3.9g |
| | Weetabix | 2 pieces (37.5g) | 3.6g |
| | Muesli (no added sugar) | 1 medium sized bowl (45g) | 3.4g |
| | Muesli (Swiss style) | 1 medium sized bowl (45g) | 2.9g |
| | Fruit 'n Fibre | 1 medium sized bowl (40g) | 2.8g |
| | Porridge (milk or water) | 1 medium sized bowl (250g) | 2.3g |
| | Cornflakes | 1 medium sized bowl (30g) | 0.3g |
| **Bread/rice/pasta** | Crispbread, rye | 4 crispbreads (35g) | 4.2g |
| | Pitta bread (wholemeal) | 1 piece (75g) | 3.9g |
| | Pasta (plain, fresh cooked) | 1 medium portion (200g) | 3.8g |
| | Wholemeal bread | 2 slices (70g) | 3.5g |
| | Naan bread | 1 piece (160g) | 3.2g |
| | Brown bread | 2 slices (70g) | 2.5g |
| | Granary bread | 2 slices (70g) | 2.3g |
| | Brown rice (boiled) | 1 medium portion (200g) | 1.6g |
| | White bread | 2 slices (70g) | 1.3g |
| | White rice (boiled) | 1 medium portion (200g) | 0.2g |
| **Vegetables** | Baked beans (in tomato sauce) | Half can (200g) | 7.4g |
| | Red kidney beans (boiled) | 3 tablespoons (80g) | 5.4g |
| | Peas (boiled) | 3 heaped tablespoons (80g) | 3.6g |
| | French beans (boiled) | 4 heaped tablespoons (80g) | 3.3g |
| | Brussel sprouts (boiled) | 8 sprouts (80g) | 2.5g |
| | Potatoes (old, boiled) | 1 medium sized (200g) | 2.4g |
| | Spring greens (boiled) | 4 heaped tablespoons (80g) | 2.1g |
| | Carrots (boiled, sliced) | 3 heaped tablespoons (80g) | 2.0g |
| | Broccoli (boiled) | 2 spears (80g) | 1.8g |
| | Spinach (boiled) | 2 heaped tablespoons (80g) | 1.7g |
| **Salad vegetables** | Pepper (capsicum green/red) | Half (80g) | 1.3g |
| | Onions (raw) | 1 medium (80g) | 1.1g |
| | Olives (in brine) | 1 heaped tablespoon (30g) | 0.9g |
| | Tomato (raw) | 1 medium/7 cherry (80g) | 0.8g |
| | Lettuce (sliced) | 1 bowl (80g) | 0.7g |
| **Fruit** | Avocado pear | 1 medium (145g) | 4.9g |
| | Pear (with skin) | 1 medium (170g) | 3.7g |
| | Orange | 1 medium (160g) | 2.7g |
| | Apple (with skin) | 1 medium (112g) | 2.0g |
| | Raspberries | 2 handfuls (80g) | 2.0g |
| | Banana | 1 medium (150g) | 1.7g |
| | Tomato juice | 1 small glass (200ml) | 1.2g |
| | Strawberries | 7 strawberries (80g) | 0.9g |
| | Grapes | 1 handful (80g) | 0.6g |
| | Orange juice | 1 small glass (200ml) | 0.2g |
| **Dried fruit/nuts** | Apricots (semi-dried) | 3 whole (80g) | 5.0g |
| | Prunes (semi-dried) | 3 whole (80g) | 4.6g |
| | Almonds | 20 nuts (33g) | 2.4g |
| | Peanuts (plain) | 1 tablespoon (25g) | 1.6g |
| | Mixed nuts | 1 tablespoon (25g) | 1.5g |
| | Brazil nuts | 10 nuts (33g) | 1.4g |
| | Raisins/sultanas | 1 tablespoon (25g) | 0.5g |
| **Other foods** | Quorn (pieces) | 1 serving (100g) | 4.8g |
| | Chicken curry (takeaway) | 1 portion meat/sauce (150g) | 3.0g |
| | Vegetable pasty | 1 medium sized (150g) | 3.0g |
| | Potato crisps (low-fat) | 1 bag (35g) | 2.1g |
| | Pakora.bhajia (vegetable) | 1 portion (50g) | 1.8g |
| | Pizza (cheese and tomato) | 1 slice, deep pan (80g) | 1.8g |

*Calculated from data in Food Standards Agency (2002) McCance and Widdowson's The Composition of Foods, 6th summary edition. Cambridge: Royal Society of Chemistry. Values are total non-starch polysaccharides obtained using the Englyst method. An alternative method (AOAC enzymic gravimetric method 985.29) is sometimes quoted. This is recommended for nutritional labelling purposes. Althougn, comparative date is limited, the AOAC method generally gives higher values than the Englyst method.

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