

GUIDE

My Everyday Fibre Guide

A one-page guide to the fibre in everyday foods.

INSIDE

01 Fibre in everyday foods

Fibre in everyday foods

Approximate fibre content of common foods.

ABOUT THESE PORTIONS

Values vary with product, preparation and portion. Build up gradually. Ask for individual advice first if you have a narrowed bowel, a past blockage, gastroparesis or swallowing difficulties.

Food	Portion	Fibre
Lentils, cooked	100 g (about 4 tablespoons)	7.9 g
Chickpeas, tinned, drained	120 g (about half a tin)	7.7 g
Baked beans	200 g (about half a tin)	8.2 g
Wholewheat pasta, cooked	180 g	7.0 g
Wholemeal bread	2 slices (70 g)	4.2 g
White bread	2 slices (70 g)	1.9 g
Porridge oats	40 g, dry	4.0 g
Brown rice, cooked	180 g	2.9 g
Potato, baked with skin	180 g	4.0 g
Frozen peas, cooked	80 g	3.6 g
Frozen mixed vegetables, cooked	80 g	3.5 g
Pear	1 medium (170 g)	5.3 g
Raspberries	80 g	5.2 g
Green kiwifruit	2 fruit (150 g)	4.5 g
Apple, with skin	1 medium (150 g)	3.6 g
Almonds	30 g (a small handful)	3.8 g
Chia seeds	1 tablespoon (12 g)	4.1 g
Linseed (flaxseed)	1 tablespoon (10 g)	2.7 g