



Fibre Scoreboard for Adults

Healthy eating, which includes eating plenty of fibre, is one of the best defences against many types of cancer. What does fibre do? Fibre is part of plant-based foods that is not digested by the human body. Fibre works to keep your digestive system healthy.

Foods with the most fibre include vegetables and fruit, whole grain foods and legumes (beans, peas and lentils and nuts). Foods with little or no fibre include milk and milk products, oils, fats, or sugars, snack foods such as tortilla chips, and meats.

When you add foods that are high in fibre to your diet, do so gradually. Over time, your body will get used to it. As you add more fibre to your diet, be sure to drink extra fluids as fibre and water work together.

Getting enough fibre in your diet

An adequate intake of fibre for Canadians is estimated to be 21 to 38 grams of dietary fibre per day. The best way to make sure you get enough fibre in your diet is to follow *Canada's Food Guide*. A healthy diet involves a certain number of servings every day from the four major food groups (Vegetables and Fruit, Grain Products, Milk and Alternatives, Meat and Alternatives). Following the daily serving recommendations and choosing foods that are higher in fibre from each food group will help you get enough fibre in your diet.

Vegetables and Fruit

Choose 7 to 10 servings of vegetables and fruit every day.

Vegetable	Fibre	Fruit	Fibre
Asparagus, boiled, 5 spears	1 g	Apple with skin, 1 medium-sized	3 g
Beans, green or yellow, steamed, 125 mL (½ cup)	2 g	Applesauce, 125 mL (½ cup)	2 g
Broccoli, raw or steamed, 125 mL (½ cup)	2 g	Apricots, dried, 60mL (¼ cup)	3 g
Brussels sprouts, steamed, 125 mL (½ cup)	3 g	Banana, 1 medium-sized	2 g
Cabbage, cooked, 125 mL (½ cup)	1 g	Blueberries, 125 mL (½ cup)	2 g
Carrots, raw or steamed, 125 mL (½ cup)	2 g	Cantaloupe, ½ of a small fruit	2 g
Cauliflower, raw, 125 mL (½ cup)	1 g	Dates, 5	4 g
Celery, raw, 1 stalk	1 g	Grapefruit, white or pink, ½	2 g
Lettuce, 250 mL (1 cup)	1 g	Grapes, with skin, 20	1 g
Mushrooms, cooked, 125 mL (½ cup)	2 g	Fruit juice, 100%, 125 mL (½ cup)	traces
Parsnips, cooked, 125 mL (½ cup)	3 g	Mango, ½	2 g
Peppers, green or red, 125 mL (½ cup)	1 g	Orange, 1 medium-sized	3 g
Peas, frozen, green, cooked, 125 mL (½ cup)	4 g	Papaya, ½ of a small fruit	3 g
Potato, with skin, 1 medium-sized	5 g	Peach, with skin, 1 medium-sized	2 g
Spinach, steamed, 125 mL (½ cup)	3 g	Pear, with skin, 1 medium-sized	5 g
Squash, boiled, 125 mL (½ cup)	2 g	Plums, with skin, 2	2 g
Sweet potato, cooked, 125 mL (½ cup)	4 g	Prunes, 5	3 g
Tomato, raw, 1 medium-sized	2 g	Raisins, 75 mL (1/3 cup)	3 g
Tomato sauce, plain, 125 mL (½ cup)	2 g	Raspberries, 125 mL (½ cup)	3 g
		Strawberries, 125 mL (½ cup)	2 g

Grain Products

Choose 6 to 8 servings of grain products each day. Foods made with whole grains will give you more fibre than foods made with refined flour.

Grain Products	Fibre	Breakfast Cereals	Fibre
Bread		All Bran™, 125 mL (½ cup)	12 g
whole wheat, rye, whole grain, 1 slice	2 g	Bran Flakes™, 175 mL (¾ cup)	6 g
white, 1 slice	1 g	MultiGrain Cheerios™, 250 mL (½ cup)	3 g
pita, whole, wheat ½	3 g	Corn Flakes™, 250 mL (½ cup)	1 g
Rice		oat bran, cooked, 175 mL (¾ cup)	3 g
brown, cooked, 125 mL (½ cup)	2 g	rolled oats, cooked, 125 mL (½ cup)	2 g
white, cooked, 125 mL (½ cup)	0.5 g	Shredded Wheat™, 1 biscuit	3 g
Pasta		Shreddies™, 125 mL (½ cup)	3 g
regular, cooked, 250 mL (½ cup)	2 g	Special K™, 250 mL (1 cup)	traces
whole wheat, cooked, 250 mL (½ cup)	5 g		
Oatmeal raisin cookie, 2	1 g		

Meat and Alternative (legumes, nuts and seeds)

Eat 2 to 3 servings of meat and alternatives each day. Meat, poultry or fish do not contain fibre, so to get the amount of fibre you need, choose legumes (beans, peas and lentils) and nuts as an alternative to meat more often. Like meats, legumes, nuts and seeds are also good sources of protein.

Legumes	Fibre	Nuts	Fibre
baked beans, 125 mL (½ cup)	10 g	almonds, 50 mL (¼ cup), shelled	4 g
kidney beans, cooked, 125 mL (½ cup)	6 g	peanuts, 50 mL (¼ cup), shelled	2 g
lentils, cooked, 125 mL (½ cup)	4 g	sunflower seeds, 50 mL (¼ cup), shelled	3 g

Ideas to get more fibre into your diet

Breakfast

- Choose a cereal with at least 4 grams of fibre per serving. (Look for the Nutrition Facts label on the box.)
- Add fresh or frozen berries to your cereal.

Snack

- Sprinkle granola or bran cereal on yogurt or canned fruit.
- Nibble on a trail mix of dried fruit and nuts.

Lunch

- Spread hummus instead of mayonnaise on your sandwich.
- Try barley, lentil or pea soup.
- Add some shredded carrots or any other vegetable in addition to the lettuce on your sandwich.

Dinner

- Leave skins on potatoes when you bake, mash or boil them.
- Make your salad with romaine lettuce or bok choy or try one using broccoli or cabbage.
- Add cooked lentils to your pasta sauce.
- Cook whole wheat pasta instead of white pasta.