

Food Sources of Fibre

Information About Fibre

- | Fibre includes all parts of plant foods that your body can't digest or absorb. Fibre is also known as roughage or bulk.
- | Insoluble fibre helps promote regularity and a healthy digestive system. You get this type of fibre from wheat bran, whole grains, and some vegetables.
- | Soluble fibre helps lower blood cholesterol levels and control blood glucose (sugar) levels. You get this type of fibre from oats, barley, psyllium, oranges, dried beans and lentils.
- | A high fibre diet may also help prevent colon cancer.
- | Eating high fibre foods may help you feel full for a longer time, which helps with appetite and weight control.

How Much Fibre Should I Aim For?

- | Most Canadians only get half of the fibre they need every day.
- | Increase your fibre intake slowly and drink more fluids as your fibre intake increases. This will help the fibre to work better and prevent gas, bloating and diarrhea.
- | So far, there is no upper limit for fibre. Therefore a high intake of fibre from food should not be a problem for healthy people.

<i>Age in Years</i>	<i>Aim for an intake of grams (g)/day</i>	<i>Stay below</i>
Men 19 to 50	38	There is no upper limit for fibre.
Men 51 and older	30	
Women 19 to 50	25	
Women 51 and older	21	
Pregnant Women 19 and older	28	
Breastfeeding Women 19 and older	29	

Fibre Content of Some Common Foods

Fibre is found only in plant foods. The best sources of fibre include whole grains, vegetables, fruit, beans, peas, lentils, nuts and seeds.

<i>Food</i>	<i>Serving Size</i>	<i>Fibre (g)</i>
<i>Vegetables and Fruit</i>		
Vegetables		
Artichoke, cooked	1 medium	10.3
French beans, cooked	125 mL (½ cup)	8.8
Green peas, cooked	125 mL (½ cup)	3.7-5.6
Kohlrabi, raw	250 mL (1 cup)	5.1
Lima beans, cooked	125 mL (½ cup)	4.8
Potato, with skin, cooked	1 medium	2.9-4.3
Edamame/baby soybeans, cooked	125 mL (½ cup)	4.3
Sweet potato, cooked	1 medium	3.8
Pumpkin, canned	125 mL (½ cup)	3.8
Spinach, cooked	125 mL (½ cup)	2.3-3.7
Taro, cooked	125 mL (½ cup)	3.6
Brussels sprouts, cooked	125 mL (½ cup)	3.0
Yam, cooked	125 mL (½ cup)	2.8
Collards or turnip greens, cooked	125 mL (½ cup)	2.7-4.0
Parsnips, cooked	125 mL (½ cup)	2.7
Cauliflower, cooked	125 mL (½ cup)	1.5-2.6

<i>Food</i>	<i>Serving Size</i>	<i>Fibre (g)</i>
Broccoli, fresh or frozen, cooked	125 mL (½ cup)	2.0-2.3
Baby carrot, raw	8 carrots	2.3
Carrot, cooked	125 mL (½ cup)	2.2
Squash (acorn, butternut), cooked	125 mL (½ cup)	1.8-2.1
Corn, fresh or frozen, cooked	125 mL (½ cup)	1.7
Snap beans (green, yellow, Italian), cooked	125 mL (½ cup)	1.6
Fruit		
Avocado	½ fruit	6.7
Kumquat	5 fruits	6.2
Persimmon, Japanese	1 fruit	6.0
Breadfruit	125 mL (½ cup)	5.7
Pear, with skin	1 medium	5.3
Guava	1 fruit	4.9
Raspberries or blackberries, fresh or frozen	125 mL (½ cup)	4.0-4.2
Passion fruit	2 fruit	3.7
Figs, dried	60 mL (¼ cup)	3.7
Orange	1 fruit	2.3-3.6
Prunes, dried and or cooked	60 mL (¼ cup)	3.6
Cherries	20	3.4
Apricots, canned	125 mL (½ cup)	3.1

<i>Food</i>	<i>Serving Size</i>	<i>Fibre (g)</i>
Kiwi fruit	1 large	2.7
Papaya	½ fruit	2.6
Apple, with skin	1 medium	3.5
Star fruit	1 medium	2.5
Raisins	60 mL (¼ cup)	2.5
Nectarine	1 medium	2.3
Grapefruit (pink, red, white)	½ fruit	2.3
Apricot, fresh or dried	3 fruit (6 halves)	1.5-2.1
Plum	2 fruits	2.2
Banana	1 medium	2.1
Currant, dried	60 mL (¼ cup)	2.0
Peach	1 medium	2.9
<i>Grains and Grain Products</i>		
Cereal (check product label for serving size)		
Bran cereals	30 g	10.2-11.2
Oat bran, cooked	175 mL (¾ cup)	2.4-5.1
Hot multigrain cereal, cooked	175 mL (¾ cup)	4.0-5.0
Bran flakes, bran flakes with raisins, wheat biscuits	30 g	3.8-5.0
Corn bran	30 g	4.4
Wheat germ cereal, toasted	30 g (¼ cup)	4.5

<i>Food</i>	<i>Serving Size</i>	<i>Fibre (g)</i>
Bread Products		
Muffin, oat bran	1 small	3.0
Bread (whole wheat, pumpernickel)	1 slice (35 g)	2.2
Bread (rye)	1 slice (35 g)	1.4
Pita, whole wheat	½ pita	2.4
English muffin, whole wheat	½ muffin	1.9
Other Grain Products		
Corn bran, raw	20 g (¼ cup)	15.8
Wheat bran, raw	30 g (¼ cup)	11.4
Cracker, rye	3 crackers	7.5
Rice bran, raw	20 g (¼ cup)	4.2
Wheat germ, raw	30 g (¼ cup)	3.5
Psyllium fibre husks	15 mL (1 Tbsp)	3.4
Bulgur, cooked	125 mL (½ cup)	2.7
Pasta, whole wheat, cooked	125 mL (½ cup)	2.4
Pasta, spinach, cooked	125 mL (½ cup)	2.4
Popcorn, air popped	500 mL (2 cups)	2.4
Barley, cooked	125 mL (½ cup)	2.0
Rice (brown, wild), cooked	125 mL (½ cup)	1.5-2.0
Pasta, white, cooked	125 mL (½ cup)	1.3
Quinoa, cooked	125 mL (½ cup)	2.7
Pasta, egg noodles, cooked	125 mL (½ cup)	1.0

<i>Food</i>	<i>Serving Size</i>	<i>Fibre (g)</i>
<i>Protein Foods</i>		
<i>Milk and Alternatives</i>		
Almond, coconut, rice beverage	250 mL (1 cup)	0.5-1.0
<i>Meat and Alternatives</i>		
Legumes (dried beans, peas and lentils)		
Beans (small white, yellow, cranberry, adzuki, black, pinto, kidney, navy, Great Northern, white, refried), cooked	175 mL ($\frac{3}{4}$ cup)	8.6-13.8
Baked beans (plain, with weiners, with pork), canned	175 mL ($\frac{3}{4}$ cup)	7.7-10.3
Peas (black-eyed, pigeon), cooked	175 mL ($\frac{3}{4}$ cup)	8.3
Soybeans, mature, cooked	175 mL ($\frac{3}{4}$ cup)	8.0
Lentils, cooked	175 mL ($\frac{3}{4}$ cup)	6.2
Chickpeas/garbanzo beans, cooked	175 mL ($\frac{3}{4}$ cup)	5.5
Hummus	60 mL ($\frac{1}{4}$ cup)	3.7
Nuts and Seeds		
Coconut meat, dried, shredded	125 mL ($\frac{1}{2}$ cup)	7.8
Almonds, whole	60 mL ($\frac{1}{4}$ cup)	3.6-4.0
Pumpkin or squash seeds	60 mL ($\frac{1}{4}$ cup)	3.7
Sunflower seeds, without shell	60 mL ($\frac{1}{4}$ cup)	3.6
Nuts (hazelnuts, macadamia, pine, pistachio), without shell	60 mL ($\frac{1}{4}$ cup)	3.1-3.3
Flaxseed, whole or ground	15 mL (1 Tbsp)	3.0

<i>Food</i>	<i>Serving Size</i>	<i>Fibre (g)</i>
Soy nuts, roasted	60 mL (¼ cup)	2.3
Chia seeds, dried	15 mL (1 Tbsp)	3.7
<i>Miscellaneous</i>		
Textured vegetable protein (TVP)	1/4 cup (24 g) dried granules	4.0

Source: "Canadian Nutrient File 2010" www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php [Accessed June 2016]

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